

# metro®

NEW YORK CITY No. 1 FREE DAILY IN THE US

Monday, January 5, 2015 [www.metro.us](http://www.metro.us) | t: MetroNewYork | f: MetroNewYork

## Saying goodbye

**With honors.** Thousands turned out to celebrate the life of murdered NYPD Officer Wenjian Liu, described by his widow, Pei Xia Chen, as her "soulmate." PAGE 02



Pei Xia Chen, widow of New York Police Department Officer Wenjian Liu, cries while holding a picture of her husband during a funeral on Sunday in Brooklyn. / GETTY IMAGES

**Filling Grimm's seat won't be easy**

PAGE 04

**Gwyneth Paltrow is all about her specialness**

PAGE 18



**Fight the first day back to work blues**

PAGE 22

**NFL playoffs: Divisional round set**

PAGE 25



**84% of our transfer students were happy with their choice.**

**Why? They graduated\*.**

Small class size,  
22 students on average

All prior credits maximized

3 semesters/yr. for  
faster degree completion

1,574 internships last year

Credit available for work  
or military experience

"New York's Least Expensive  
Private College"

*U.S. News & World Report 2014*



\* Full time bachelor's, fall 2007 cohort.

**THERE IS STILL TIME TO ENROLL  
FOR WINTER SEMESTER.  
CALL TODAY! 1.877.269.7744**

**MONROE  
COLLEGE**  
[www.monroecollege.edu](http://www.monroecollege.edu)

# 1

## NEWS

Top 3

### The best of Metro.us

**1** Watch a supercut of people falling down stairs in movies

**2** Video: Hannah Storm fights through tears while announcing passing of Stuart Scott on ESPN

**3** Who is Twitter sensation Shawn Oakman?



On the go

Want to read Metro on your mobile device? Get the app! All you have to do is search for Metro US in the App Store or Google Play to get all the latest in news, sports, lifestyle and entertainment for free.

# Sea of Blue salutes slain NYPD officer

**Police.** Despite Bratton's warning, some officers turn back to mayor during eulogy.

The second officer who was gunned down in Bed-Stuy 15 days ago has been laid to rest. The streets outside Aievoli Funeral Home in Bensonhurst were filled with thousands of mourners from New York City and beyond Sunday morning, who came to pay their respect to Det. Wenjian Liu.

Uniformed officers in dress blues from the NYPD and other local and national agencies stretched down 65th Street from 13th Avenue to 18th Avenue — enough to make a passing officer gasp and point at the sight — and down local side streets.

Signs on businesses closed for the services, and in windows in nearby houses, read "RIP" and "God Bless the NYPD."

Liu was remembered as a model officer who personified the American dream. "Officer Liu believed in the possibility of making a safer world — all cops do," Police Commissioner Bill Bratton said at the funeral. Both Liu and Rafael Ramos were "murdered for their color, slain because they were blue," Bratton said.

Bratton posthumously promoted both Liu and partner Ramos to the rank of detective at Ra-



Police officers from across the country attend Liu's funeral service. To the right, Bratton speaks with officers attending the funeral. / TOP: GETTY IMAGES; BELOW AND BOTTOM: BESS ADLER

Quoted

**"He was fearless in and out of work."**

Pei Xia Chen, Liu's wife

mos' funeral on Dec. 27.

"Det. Liu lifted all of us up in the too-brief time we were fortunate enough to have him with us. And New York City stands a little taller today because he walked

among us," Mayor Bill de Blasio said during his eulogy.

The mayor said Liu loved to go fishing and share the catch with his family, and would call his father after every shift to

let him know he was safe at home.

Some police officers standing farther away from the funeral home turned their backs on de Blasio as he spoke, despite a request by Bratton last week that they refrain from doing so.

Liu's wife Pei Xia Chen remembered her husband of only three months as her hero, soulmate and best friend.

"He was fearless in and out of work," she said, and "objective in his determination of the law."

"I thank you my extended family, my family of blue," she added.

The service followed last week's funeral for Officer Ramos, during which hundreds of officers outside the Queens ceremony turned their backs during de Blasio's eulogy.

De Blasio's address focused on Liu's life, avoiding any mention of the weeks of demonstrations for police reform which police unions say encouraged the officers' killer to target them.

After the funeral service, Liu's casket was carried out as thousands of officers stood in salute. The police flag was folded and given to Liu's widow.

Robert Samuel, a local resident, said he walked over to 65th Street with his family to play his part in the tribute.

"It's just really sad," Samuel said.

WENDY JOAN BIDDLECOMBE  
and CHESTER JESUS SORIA  
Wendy.Biddlecombe@metro.us

Quoted

**"Detective Liu's dream was clear — and it was a noble one — to don the blue uniform, to pin on the badge, and to dedicate himself to protecting and serving the city he loved."**

Mayor Bill de Blasio

Dissent

## Voicing his protest

John Mangin, who retired from the NYPD in 2002, stood near the funeral home with a sign reading "God Bless NYPD, dump de Blasio."

Mangin said he stood facing forward while Mayor Bill de Blasio spoke.

"These cops do a great

job everyday, they probably do a hundred great things a week ... it's a very difficult job, it's a lot harder when the big man doesn't support you," Mangin said, referring to de Blasio.

Police Commissioner Bill Bratton on Friday asked cops not to turn Liu's funeral into a political event. Some cops did turn their backs.







## Attention hardworking New Yorkers — Time's running out to get health insurance: Call 1.844.519.5775

**Open Enrollment  
ends February 15**

**Avoid paying a penalty  
for not having insurance.**

Still haven't picked a health insurance plan for you or your family? Healthfirst can help. We know how busy life can be for a hardworking New Yorker like you, and how confusing health insurance may seem. Call us today. Let us answer your questions. We'll even come to you. Don't miss out on:

- **New lower rates**
- **\$0 copays\***
- **Adult Vision Care\*\***
- **Adult Dental Care\*\***
- **Large network of doctors and specialists**
- **Financial assistance for those who qualify**

**Hurry, Open Enrollment ends February 15**

**Call 1.844.519.5775**

**Visit us at [www.NYHealthfirst.org](http://www.NYHealthfirst.org)**

**TDD/TYY 1.888.542.3821**



\*No copays for recommended in-network preventive care services, including immunizations, routine exams, women's preventive health services, and prostate screening.

\*\*You must enroll in a Healthfirst Platinum, Gold, Silver, or Bronze Leaf Premier Plan to have adult dental and adult vision benefits.

Fatal accident

## Man killed, woman injured by SUV on Upper East Side

A New Jersey man died on Sunday after an SUV struck him while he was crossing an Upper East Side street.

Wesley Mensing, 27, and Erin Sauchelli, 30, were crossing Lexington Avenue at East 62nd Street when



Surveillance video shows the damaged vehicle. / NYPD

a Mercedes Benz SUV hit them at around 7:18 p.m. on Saturday.

Paramedics rushed the pair to New York-Presbyterian Hospital.

Mensing, who lived in Scotch Plains, New Jersey, and was recently recognized as one of the country's best young golf instructors, died from severe head trauma.

Sauchelli remained in

stable condition on Sunday.

Cops said they arrested the 45-year-old driver, who stayed at the scene after the accident. He was issued a summons for operating the car without a license.

Golf Digest named Mensing, who taught in Edison, New Jersey, one of 11 top teachers who represented "the future of golf instruction."

CHESTER JESUS SORIA



Staten Island DA Dan Donovan / FILE PHOTO

## Grimm's replacement riles, rallies SI voters

**Controversy.** Staten Island DA Dan Donovan's role in Eric Garner case casts a shadow.

Embattled Staten Island Republican Michael Grimm steps down from Congress on Monday, leaving the door wide open for the prosecutor at the center of the Eric Garner case to replace him.

On Friday, top Republican leaders threw their support behind Staten Island District Attorney Dan Donovan to succeed Grimm, who abruptly announced he would resign after pleading guilty to federal tax fraud over a health food restaurant he once owned.

Donovan's backers include former Mayor Rudy Giuliani and Staten Island GOP Chairman John Antonello.

A Donovan candidacy would be "a slap in the face to the police reform movement," said Linda Sarsour, a resident of Grimm's district and a member of Justice League

### Battle of the ballots

#### New York's 11th Congressional District:

- Democrats: 191,072
- Republicans: 105,501
- Unaffiliated: 86,207

#### Results of 2014 election:

- Michael Grimm (R): 58,886
- Dominic Recchia (D): 45,244

Source: New York State Board of Elections

NYC, which helped organize street protests calling for police reform in the wake of Garner's death.

Justice League NYC has been demanding the arrest of Police Officer Daniel Pantaleo for allegedly killing Garner.

Donovan did not immediately respond to Metro for comment.



CHESTER SORIA  
@chestersoria  
chester.soria@metro.us



BEING A  
PHYSICIAN OR  
VETERINARIAN  
IS YOUR  
CALLING.  
**WE HEAR YOU.**

Come to our information seminars to speak with alumni, one-on-one. Hear their stories. Then write yours.



JOIN US JAN. 15  
**ROSSU.EDU/NEWYORK**



ROSS UNIVERSITY  
SCHOOL OF MEDICINE



ROSS UNIVERSITY  
SCHOOL OF VETERINARY MEDICINE



For undergraduate admission information, please visit the following sites: Ross University School of Medicine: www.rossu.edu/school-of-medicine or Ross University School of Veterinary Medicine: www.rossu.edu/school-of-veterinary-medicine. ©2015 Ross University International. All rights reserved.



# NEW YORK, THE FLU IS HERE.

2647622\*

INCIDENCES OF THE FLU REPORTED IN NEW YORK.

SOFTEN THE  
**BLOW**  
WITH PUFFS



Puffs Plus Lotion™ are  
**GENTLE** on SENSITIVE SKIN.

MANUFACTURER COUPON	EXPIRES 06/30/2015
CUPÓN DEL FABRICANTE	VENCE 30/06/2015

**25¢ OFF**  
de DESCUENTO

**ONE Puffs® Product**  
(excluding Puffs® To Go)  
**al comprar UN producto Puffs®**  
(excluyendo Puffs® To Go)



**CONSUMER: LIMIT ONE COUPON PER PURCHASE** of products and quantities stated. **LIMIT OF 4 LIKE COUPONS PER HOUSEHOLD PER DAY.** Any other use constitutes fraud. Coupons not authorized if purchasing products for resale, VOID if transferred, sold, auctioned, reproduced or altered from original. You may pay sales tax. Do not send to Procter & Gamble.  
**CONSUMIDOR: LÍMITE DE UN CUPÓN POR COMPRA** de productos y cantidades especificadas. **LÍMITE DE 4 CUPONES SIMILARES POR FAMILIA POR DÍA.** Cualquier otro uso constituye fraude. No se autorizan los cupones si los productos se compran para reventa. NULO si se transfiere, vende, subasta, reproduce o altera el original. Puede que pague impuestos de venta. No lo envíe a Procter & Gamble.  
**DEALER:** Sending to Procter & Gamble, 2150 Sunnybrook Drive, Cincinnati, OH 45237 signifies compliance with "Requirements for Proper Coupon Redemption." Copy available by writing to the above address. No cash or credit in excess of shelf price may be returned to consumer or applied to transaction. Cash Value 1/100 of 1¢. Procter & Gamble 141215 ©2014 P&G

0037000-106901



106901

106901

\*FAN Data, IMS Health, Affected Population in New York City for Week Ending Saturday, December 13, 2014  
© Procter & Gamble, Inc., 2014

## Snorers, need a more attractive option?



We offer effective treatments beyond the CPAP mask.

If you've forgotten what it feels like to get a good night's sleep, due to snoring or sleep apnea, join the thousands of patients who have been successfully treated by our doctors.

At **eos sleep**, our physicians diagnose and treat the many causes of snoring and sleep apnea, and consider all of your options before recommending a treatment plan. Our in-office, minimally invasive treatments have proven to be a dream come true for many of our patients *and* their bed partners.

**Most Insurance Plans Accepted.**

For more information and to hear our patient testimonials, visit **eosleep.com**

**Call 1.800.eosleep  
800.367.7533**

**eos sleep™**

For the treatment of snoring and sleep apnea

20 EAST 66TH STREET NYC • 262 CENTRAL PARK WEST NYC  
589 BROADWAY NYC  
833 NORTHERN BLVD GREAT NECK

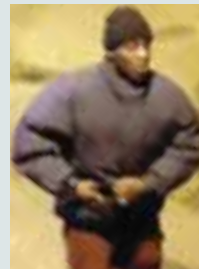
### Shooting

## Cops seek suspect in nightclub shooting

A gunman shot a man in the foot outside a Brooklyn nightclub early Friday morning before walking away from the scene.

Cops released surveillance video taken at a parking lot near the Nova nightclub at 1819 Utica Avenue near Avenue J. Paramedics rushed the unidentified victim to Kings County Hospital. He was later released.

CHESTER JESUS SORIA



The suspect / PROVIDED

## Funeral. Plans for Mario Cuomo detailed



Andrew, left, and Mario Cuomo / GETTY IMAGES

Former Gov. Mario Cuomo will be mourned and laid to rest early this week.

New Yorkers are invited to attend the late liberal lion's wake on Monday between 1 p.m. and 5 p.m. and again between 7 p.m. and 10 p.m. inside the Frank E. Campbell Funeral Home at 1076 Madison Avenue on Manhattan's Upper East Side.

Friends and family will attend a funeral service on Tuesday, Jan. 6 at the nearby St. Ignatius

Loyola Church.

The three-term governor passed away on Jan. 1 at the age of 82, hours after eldest son Andrew was sworn into his second term at the World Trade Center on New Year's Day.

"He couldn't be here physically today, my father," Andrew told the crowd at his inauguration. "But my father is in this room. He is in the heart and mind of every person who is here."

CHESTER JESUS SORIA

# Apply Now for Spring.

[www.bmcc.cuny.edu/apply](http://www.bmcc.cuny.edu/apply) | [applynow@bmcc.cuny.edu](mailto:applynow@bmcc.cuny.edu)



**Bmcc** Start Here. *Go Anywhere.*  
BOROUGH OF MANHATTAN COMMUNITY COLLEGE

**CUNY** The City University of New York





Most of my patients say  
*"I wish I had done this sooner!"*

# Varicose Veins be Gone.

## Do you suffer from?

- Veins that are dark purple or blue in color
- Veins that appear twisted and bulging
- An achy or heavy feeling in your legs
- Burning, throbbing, muscle cramping and swelling in your lower legs
- Worsened pain after sitting or standing for a long time
- Skin ulcers near your ankle

**All of these can mean you have a serious form of  
 Vascular Disease that Requires Medical Attention.**

## New York City's Premier Vein Only Practice

.....  
**Most Insurance Accepted!**

**FAST, NON-INVASIVE TREATMENTS FOR**  
 Varicose Veins • Spider Veins • Facial Veins



**DAVID M. GLASS, MD, FACS**  
 Board Certified Vascular Surgeon  
 25 Years of Experience



**1-718-996-4400 • [www.NewYorkVeinCenter.org](http://www.NewYorkVeinCenter.org)**

©COPYRIGHT 2013, NEW YORK VEIN CENTER. ALL RIGHTS RESERVED  
 DOWNLOAD THE NYVC APP IN THE  APPLE APP STORE

## Membership

UK's Cameron  
will push EU  
referendum  
forward if  
possible

Prime Minister David Cameron said on Sunday he would like to bring forward a planned referendum on Britain's membership of the European Union

from 2017 if possible.

Under pressure from Euroskeptical members of his own party and the rise in popularity of the anti-EU U.K. Independence Party (UKIP), Cameron has pledged to renegotiate Britain's ties with the 28-nation bloc and try to claw back powers to London.

He has said he will hold a referendum in 2017 if his Conservatives win a

national election on May 7.

"If I think we could do that earlier I would be delighted. The sooner I can deliver on this commitment of a renegotiation and a referendum ... the better," he told the BBC.

Cameron is set to discuss his reform plans, which include

restricting EU migrants' access to welfare payments, with German Chancellor Angela Merkel in London on Wednesday. He has said they will require treaty changes, but Merkel has made clear she will not allow the EU's rules on workers' freedom of movement to be diluted.

DAVID CAMERON / GETTY IMAGES

REUTERS

# BUY 1 WINDOW GET 1 WINDOW

## 50% OFF<sup>1</sup>



### SPECIAL OFFER!

Because our window's Fibrex material is **twice as strong as vinyl**, our window will help make your home **safer, stronger and more comfortable**. And right now, buy one of our windows—**ANY SIZE**—and your next window is **50% OFF!**<sup>1</sup>

- **EVERY** double hung window
- **EVERY** casement window

- **EVERY** gliding window
- **EVERY** specialty window

CALL BEFORE JANUARY 11TH!

# BUY 1 WINDOW GET 1 WINDOW 50% OFF<sup>1</sup>

WITH

# \$0

MONEY DOWN

# 0

PAYMENTS

# 0%

INTEREST

# FOR 1 YEAR

Offer only available as part of our Instant Product Rewards Plan.

**Renewal  
by Andersen**  
WINDOW REPLACEMENT



an Andersen Company

CALL FOR YOUR  
FREE WINDOW DIAGNOSIS

# 800-357-3815



A U.S. navy helicopter Seahawk from the USS Sampson flies near an Indonesian Air Force plane CN 295 during search of AirAsia Flight 8501 in Pangkalan Bun, Central Kalimantan province. / GETTY IMAGES

## Bad weather frustrates search divers

**Five pieces.** Ships pinpoint large objects believed to be plane parts

**Quoted**

"Based on past experience, the black box is not far from the plane debris we have found." Soelistyo

Bad weather forced divers trying to identify sunken wreckage from a crashed AirAsia passenger jet to abort their mission on Sunday and Indonesian officials said they had not yet picked up any signals from the lost plane's "black box."

Indonesia's meteorological agency has said seasonal tropical storms probably contributed to last Sunday's crash and the weather has persistently hampered efforts to recover bodies and find the cockpit voice and flight data recorders that may explain why the Airbus A320-200 plunged into the sea.

"Conditions did not allow diving operations," the head of Indonesia's search and rescue agency, Fransiskus Bambang Soelistyo, told a news conference in Jakarta. "Our priority is to dive in the location we suspect parts of the plane to be."

Flight QZ8501 crashed into the Java Sea about 40 minutes after taking off last Sunday from Indonesia's second-largest city, Surabaya, en route to Singapore.

There were no survivors.

The main focus of the search is about 90 nautical miles off the coast of Borneo island, where five large objects believed to be parts of the plane — the largest about 59 feet long — have been pinpointed by ships using sonar.

Soelistyo said that none of the searching ships had detected any "pings," the locator signals the black box should transmit after a crash.

Until investigators can examine the black box recorders the cause of the crash remains a mystery, but the area is known for intense seasonal storms. BMKG, Indonesia's meteorological agency, has said bad weather may have caused ice to form on the aircraft's engines.

"The flight document provided by the BMKG office shows fairly worrying weather conditions for the aircraft at cruising level on the chosen route," the agency said in a report.

REUTERS

<sup>1</sup>Restrictions and conditions apply; see your local representative for details. Cannot be combined with prior purchases, other offers, or coupons. No adjustments to previous orders. Offer not available in all areas. 50% discount applied by retailer representative at time of contract execution and applies to minimum purchase of 6 or more windows. Discount applied to lowest priced window products in purchase. Offer does not include bay/bow windows. Offer only available as part of our Instant Product Rewards Plan. As part of the Instant Product Rewards Plan, all homeowners must be present and must purchase during the initial visit to qualify. To qualify for discount offer, initial contact for a free Window Diagnosis must be made and documented on or before 1/11/15 with the appointment then occurring no more than 10 days after the initial contact. 0% APR for 12 months available to well qualified buyers on approved credit only. Not all customers may qualify. Higher rates apply for customer with lower credit ratings. Financing not valid with other offers or prior purchases. No Finance Charges will be assessed if promo balance is paid in full in 12 months. Renewal by Andersen retailers are independently owned and operated retailers, and are neither brokers nor lenders. Any finance terms advertised are estimates only and all financing is provided by third-party lenders unaffiliated with Renewal by Andersen retailers, under terms and conditions arranged directly between the customer and such lender, all subject to credit requirements. Renewal by Andersen retailers do not assist with, counsel or negotiate financing, other than providing customers an introduction to lenders interested in financing. NJ Consumer Affairs License # 13HV01541700. NYC Consumer Affairs License # 1244514. Nassau Consumer Affairs License # H0810150000. Suffolk Consumer Affairs License # 43991-H. NYC 1307704. Rockland County License # H-11942-07-00-00. Renewal by Andersen of Central/Northern NJ and Long Island are independently owned and operated affiliates operating in the NJ/NY metropolitan area. "Renewal by Andersen" and all other marks where denoted are marks of Andersen Corporation. ©2015 Andersen Corporation. All rights reserved. ©2015 Lead Surge LLC. All rights reserved.



## Senator: US troops should start to return from the 'Ebola zone'



An Ebola treatment center built by the United States army in Bomi County in western Liberia. / GETTY IMAGES

At least 1,000 troops deployed to Liberia to help combat the Ebola virus should be brought home because their work is mostly done, Sen. Chris Coons said.

The outgoing chairman of the Senate Foreign Relations subcommittee on African affairs, who visited Liberia last month, said the U.S. military can begin scaling back its work in West Africa and make better use of the money spent there.

"We can bring home a thousand or more of these troops now," the Delaware Democrat said on CBS's "Face the Nation" program.

President Barack Obama authorized sending as many as 4,000 U.S. military personnel to West Africa last fall to build treatment centers and do other work that doesn't involve direct contact with Ebola patients.

Coons said he visited 2,400 troops from the 101st Airborne Division now in Liberia.

"The raging epidemic that threatened the whole country in September is now down to a few embers scattered across the country," Coons said. "But we need a new strategy to adapt to conditions on the ground."

Coons said some troops should remain "for the rest of the year"

to help Liberians transform Ebola treatment centers into community health clinics and local labs.

The Pentagon established no deadline for its Ebola-fighting mission. The deadly virus has killed more than 7,500 people in West Africa, mostly in Liberia, Sierra Leone and Guinea, according to the World Health Organization.

BLOOMBERG

### Quoted

**"They're currently bored because they've accomplished a lot of their mission of building infrastructure, building new Ebola treatment units all over the country, deploying new military testing labs all over the country and setting up a vital infrastructure."** Sen. Coons



Chris Coons  
GETTY IMAGES

### Boston

## Jury selection to begin in trial of accused bomber

The selection of jurors is set to begin on Monday in the trial of the man accused of carrying out the 2013 Boston Marathon bombing that killed three people and wounded more than 260 others in the largest mass-casualty

attack on U.S. soil since Sept. 11, 2001.

Dzhokhar Tsarnaev, a 21-year-old ethnic Chechen who is a naturalized U.S. citizen, could get the death penalty if convicted in federal court in Boston. He has pleaded not guilty to all 30 charges against him.

Tsarnaev, due to be in court today, is accused of detonating a pair of home-



Courtroom sketch of Dzhokhar Tsarnaev. Sketch by Jane Flavell Collins. / NICOLAUS CZARNECKI, METRO

made bombs placed amid a crowd of thousands of spectators at the race's finish line on April 15, 2013.

He was arrested four days after the bombing. Prosecutors say he and Tamerlan Tsarnaev, his 26-year-old brother, later shot and killed a university police officer. The brother died after a wild gun battle with police.

REUTERS

WE BRING THE CARE TO YOU

**VILLAGECAREMAX**

VillageCareMAX is a  
Medicaid Managed Long-Term Care (MLTC) plan  
established by VillageCare,  
a trusted health care provider for over 35 years.

For more information  
**800-469-6292** TTY **711**  
[www.villagecaremax.org](http://www.villagecaremax.org)

## CARNEGIE HALL Weill Music Institute



Free!

Ages  
3-6

CARNEGIE KIDS

# Songs for Unusual Creatures

Sunday, January 11 at 2 PM

Michael Hearst and his bandmates lead a fun musical and visual investigation through the weird animal kingdom with a variety of quirky instruments.

**Resnick Education Wing at  
Carnegie Hall**

West 56th Street, east of Seventh  
Avenue | Manhattan

RSVP: [carnegiehall.org/CarnegieKids](http://carnegiehall.org/CarnegieKids)  
212-247-7800

1 A C E D F N Q R

Bus: M5, M7, M10, M20, M31, M57, M104

Carnegie Kids is supported, in part, by a generous  
endowment gift from Linda and Earle Altman.

Free concerts in all five boroughs!  
[carnegiehall.org/CarnegieKids](http://carnegiehall.org/CarnegieKids)

# Three ways President Obama can mess with Republicans in 2015

**New year.** The list may well include some new maneuvers to enrage the opposition party.

## Keystone

Obama was coy throughout the midterms about which way he'll go, maintaining that it was in the State Department's hands and that he would weigh the pros and cons. But he doesn't want Congress to tell him what to do. And in recent weeks, he's hinted strongly that he's turned against Keystone XL. He told comedian Stephen Colbert that while it would be good for Canada, "it's not going to push down gas prices here in the United States," and that any economic benefit must be weighed against contributing to the warming



of the Earth, "which could be disastrous." In his year-end news conference, the president said that "it's not even going to be a nominal benefit to U.S. consumers." Asked whether he was issuing a veto threat, he demurred. "I'll see what they do," he said of Republicans in Congress. "We'll take that up in the new year."

## Campaign finance reform

So-called dark-money nonprofits, such as those affiliated with the Koch brothers, could find it much harder to muck around in elections. Under current practices, up to half of these groups' money can be spent on politics. Changes to the Internal Revenue Service regulations governing 501(c)(4) social welfare organizations could shrink the percentage they can devote to election activities such as advertising. Overall, the aim would be to make



President Barack Obama  
GETTY IMAGES

it more difficult for any nonprofit group to engage in campaign politics; in practice, it would likely be perceived as a disproportionate handicap of conservative donor-backed organizations.

## Climate change

Last year, Obama proposed



power-plant standards Republicans oppose to reduce carbon dioxide by 26 percent by 2020 and 30 percent by 2030 from 2005 levels. The standards are set to be issued in June, and then states will have another year to adopt their own plans to carry the standards out. Senator Mitch McConnell will make it a top priority to try to stop President Obama, either by blocking funding to carry out the policy or by changing provisions of the Clean Air Act, said David Doniger, director of the Natural Resources Defense Council climate and clean air program. "It will be fought over by the Republicans all through the year," he said. **BLOOMBERG**

## Quoted

"There will be lots of lawsuits and so on. But the administration's very committed to this."

Doniger

## Sony hack

# US slaps more sanctions on North Korea

North Korea was hit with more sanctions on Friday designed to impede access to the U.S. financial system in the wake of a cyberattack on Sony Pictures Entertainment, which the Obama Administration has said was supported by the reclusive country.

The U.S. named three entities, including North Korea's military intelligence agency, and sanctioned 10 people with links to weapons sales and proliferation.

Financial sanctions have been

effective in bringing pressure on Iran and Russia, but they have had limited impact on North Korea, which has been sanctioned by the United States for more than 50 years.

"It's not as if they travel a lot abroad to western Europe or the United States. ... They don't have billions of dollars in western banks," said Joel Wit of 38North, part of the U.S. Korea Institute at Johns Hopkins University in Washington.

REUTERS



**Diagnostic Medical  
Sonography  
CAREER TRAINING**

**CENTER FOR ULTRASOUND  
RESEARCH AND EDUCATION**

**CALL 1-855-THE CURE**

**[www.cure.edu](http://www.cure.edu)**

WESTCHESTER COUNTY, NEW YORK



## Catholic diversity push. Pope Francis names 15 new cardinals

Pope Francis named 15 new cardinals Sunday, including men from Tonga and Myanmar, as the South American-born pontiff seeks to demonstrate the global diversity of the Roman Catholic church.

Francis will formally install the bishops and archbishops as cardinals on Feb. 14, according to a statement on the Vatican's news website. They come from 14 countries "from every continent," Francis said, and "manifest the indissoluble links between the Church of Rome and the particular Churches present in the world." Those elevated also include men from countries such as New Zealand, Thailand, Uruguay and Ethiopia.

The pope, 78, also said he will hold a meeting of all cardinals on Feb. 12 and 13 to "reflect on the orientations and proposals for the reform" of the administrative apparatus of the Church. Francis, from Buenos Aires, is the



Pope Francis addresses the crowd from the window of his library during Sunday Angelus prayer at the Vatican. / GETTY IMAGES

### Archbishops and bishops

5

Francis, who became pope in 2013, also named five retired archbishops and bishops as cardinals. They are 80 or older and ineligible to vote for the next pope, according to the Associated Press.

first non-European pope in more than 1,200 years.

The Argentine-born pontiff has been leading a movement for change within the church, emphasizing the need to care for the poor, and using the power of his office on the diplomatic front.

BLOOMBERG

## STRAIGHT Talk



### Erectile Dysfunction (E.D.) When the "Magic Pill" isn't so magic

What do men do when Erectile Dysfunction pills aren't effective? Don't like the idea of expensive penile injections, suppositories, and vacuum pumps? Get the facts on an inflatable penile prosthesis (IPP): a permanent solution—covered by many insurance plans—which allows an erection as often as you like, for as long as you wish.

Attend a **FREE** seminar sponsored by Coloplast Corp. to educate men and their partners about an advanced, **DRUG FREE** treatment for E.D.

**FREE REFRESHMENTS WILL BE SERVED**

Featuring:

**Dr. J. Francois Eid**

A board certified urologist who specializes in the treatment of E.D.

**The New York Marriott East Side**

Morgan B Room  
525 Lexington Ave., at 49th St.  
New York, NY 10017

Also featuring:

A patient who permanently corrected his E.D.

**Wednesday, January 7, 2015**

Refreshments available at 6 p.m.  
Presentation begins at 6:15 p.m.

To reserve your space or for more information about this FREE seminar, please call: **(866) 233-9368**.

**PARTNERS ARE ENCOURAGED TO ATTEND**

An educational series, sponsored by Coloplast Corp., designed to inform and empower. [www.ColoplastMensHealth.com](http://www.ColoplastMensHealth.com)



Light up THE NIGHT.

Sterling silver charms from \$25  
Introducing the new 2014 Winter Collection from PANDORA



**PANDORA**  
UNFORGETTABLE MOMENTS

236 Third Ave • NY, NY 10003  
646.964.5910

© 2014 Pandora Jewelry, LLC • All rights reserved • PANDORA.NET

## Oil & Bioheat fuel. Savings. Service. Value.

### Oil Heat

- Pricing plan options to suit your needs
- SmartPay budget payment plan to help manage oil costs all year

### Ultra Low Sulfur Bioheat/Fuel

- Helps your system reduce air emissions by over 70%!
- Improves efficiency for less maintenance and a cleaner environment.

**Call today for special offers! 1.866.539.5261**

Oil | Natural Gas  
Heating | Cooling



HOME  
SERVICES

petro.com petro mobile connect on

Additional terms and conditions may apply. Some services may not be available in all areas.  
NYC Lic. No. 1314079. ©2014 Petro. P\_14469

# How to stop procrastinating once and for all

**Schoolwork.** Understanding why we put off tasks is crucial.

It's a New Year's resolution college students the world over make over and over: "This is the year that I will stop procrastinating on my assignments."

But one professor says that the first step to ending this habit is to rethink the way we view it.

"The research shows that self-awareness is the first step in any kind of behavior change," says Dominic Voge, Associate Director of the Undergraduate Learning Program at Princeton Uni-

versity. "Most people see procrastination as some kind of failure in yourself, but that's a fundamental misunderstanding of the problem."

We asked Voge why so many of us procrastinate and what we can do about it.

## Identify the problem

"Procrastination is often a self-protection strategy," he explains. "It's protecting our self-concept of being capable and smart people."

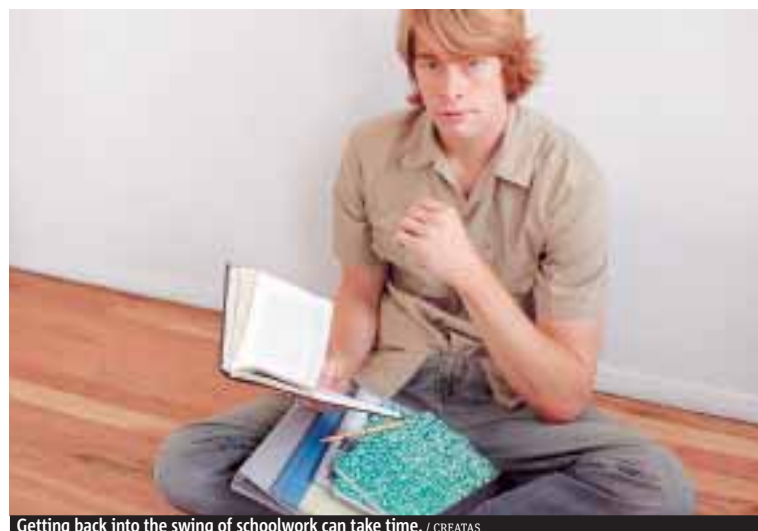
This concept is particularly common among college students, many of whom are experiencing an academically competi-

tive environment for the first time. "If we wait until the last minute to study or write a paper, we can say to ourselves, 'If I perform poorly, it's because I didn't have enough time,'" Voge says.

## Give yourself a fun goal

Part of the reason procrastination often feels like an insoluble problem, says Voge, is because "Procrastination feels like a big wall, [it blocks you]. So what is something that is going to get you over that wall?"

Voge suggests making a list of your interests and long-term goals to figure out your motivations. Do



Getting back into the swing of schoolwork can take time. / CREATAS

you like the satisfaction of successfully solving a problem or delving into research? Concentrating on the aspects of your classes that you like rather than focusing only on grades (which aren't solely in your control) goes a long way.

"When students have a life goal the thought of grades tends to diminish and their grades tend to go up," says Voge.

## Planning

### Learn to use blocks of time

"It's easy to say 'Why even start' if you only have an hour between classes or if you are really tired, notes Voge. "But you can say, 'Instead of watching TV, I can review my notes from class or I can skim a chapter of my textbook,'" he

says. The trick is to assign yourself reasonable tasks. A half-hour is probably not enough to do your chemistry assignments, but it's enough time to review vocabulary for a language course.



LAKSHMI GANDHI  
@LakshmiGandhi  
lakshmi.gandhi@metro.us

**Unleash your creative inner self!**  
Consider a career in **Digital Multimedia DESIGN.**

**Touro College: a world of possibilities**

Get your undergraduate degree in **Digital Multimedia Design** at Touro College's New York School of Career and Applied Studies.

At NYSCAS we provide the support our students need to succeed, from the moment they enroll to the day they graduate.

And if graduate study is in your future, consider Touro's Graduate School of Technology, which offers a Master of Arts program in Web and Multimedia Design.

**NYSCAS**  
New York School of Career and Applied Studies  
855.333-TOURO (855.338.6876)  
MANHATTAN, BROOKLYN, QUEENS  
www.touro.edu/nyscas

QR code: [www.touro.edu/nyscas](http://www.touro.edu/nyscas)

Touro is an equal opportunity institution.

**(LPN) Practical Nursing**  
Get started on Your New Career in the New Year. Apply Now!

**CALL NOW**  
**(888) 505-2101**  
**mildred-elley.edu**

- VA & MYCAA Approved, Welcome Veterans!
- Day, Night and Weekend Classes!
- 2 Day Scheduling Available!

**MILDRED ELLEY**  
The Power to Change Your Life

---

**High School Diploma**  
Get Your Accredited High School Diploma Now!

Start Your New Career in the New Year.  
Business • Medical Assisting • Paralegal

**CALL (866) 210-1579**  
**mildred-elley.edu**

**Ready for a New Career?**

- Advanced Paralegal Studies
- Business Management
- (LPN) Practical Nursing
- Massage Therapy
- Medical Assisting

Still Time to Enroll for January Classes.  
Weekdays, Weekends and Online Classes Starting Now!

**CALL (855) 695-6095**  
**mildred-elley.edu**

Mildred Elley career college - 35 Broadway, Floor 14 | New York, NY • Accredited by ACSC, Approved by ACSC-VL, Approved for VA Education Programs, Such as GI Bill & MyCAA International Students Welcome. For program details and admissions including library entrance the program visit mildred-elley.edu/Admissions



## First daughter. High school junior Malia Obama starts looking at potential colleges

As President Obama starts the final two years of his presidency he'll probably be adding several trips to his personal agenda. His oldest daughter, Malia, starts her college search.

Now a 16-year-old high school junior, Malia reportedly visited both Stanford University (Chelsea Clinton's alma mater) and the University of California at Berkeley last summer. But if she wanted to follow in the footsteps of several of her family members, there are several schools right here on the East Coast that she may want to consider. The president has said that Malia is possibly interested in studying film.

### Barnard College

Malia's aunt (and the President's half-sister) Maya Soetoro-Ng attended the Barnard in the early 1990s. Added bonus: the college



The first daughter is reportedly interested in film. // GETTY IMAGES

### Dad's alma mater

#### Columbia University

The Ivy League campus uptown is, of course, where President Obama graduated from in 1983. Fittingly, the president majored in political science with a minor in international relations.

has had a film studies program since 2002.

#### Princeton University

Both Michelle Obama and her brother, Craig Robinson, are graduates of the Ivy League university. In addition to having the chance to take classes in film studies, Princeton alumni in Hollywood include director Ethan Coen of the Coen brothers.

LAKSHMI GANDHI

Build something that leads to even brighter horizons:  
**Your Career.**

Learn about earning an associate degree in architecture or construction at our

### OPEN HOUSES

Sat., January 10th at 11am  
Wed., January 14th at 6pm



To find out more information, call IDC today!  
718-855-3661 - [www.idc.edu](http://www.idc.edu)  
141 Willoughby Street, Brooklyn, NY 11201



## Master of Science in Nonprofit Leadership

A Joint Program of Fordham's Graduate Schools of Business and Social Service

### JOIN US FOR AN INFORMATION SESSION

Tuesday, Jan. 13 • Wednesday, Jan. 21  
5:30 - 7:30 p.m.

Lincoln Center Campus | 113 W. 60th St. | New York City

Learn what the program offers:

- 12-Month Program
- Class Schedule Designed for Working Professionals
- Receive Ongoing Mentorship from a Nonprofit CEO

For more information and to RSVP:  
[fordham.edu/nonprofits](http://fordham.edu/nonprofits) | [nonprofits@fordham.edu](mailto:nonprofits@fordham.edu) | 212-636-6676

**FORDHAM**

**NYACK**

New York's *Christian* College

2 Washington Street, near Battery Park

- Accelerated Degree Completion Program
- Bachelors Degrees (38 majors)
- Alliance Theological Seminary
- MA in Mental Health Counseling
- MS in Organizational Leadership  
(finish in as little as 12 months)

- MBA (finish in as little as 16 months)
- MS in Childhood Education, Childhood Special Education TESOL

New Programs. New Opportunities.  
New York's Christian College.

**CALL TO SPEAK TO  
AN ADMISSIONS COUNSELOR**

**877-626-2236**

or visit us at: [www.nyack.edu](http://www.nyack.edu)

VISIT US BY USING ANY OF THESE SUBWAY LINES:



Nyack, NY • New York, NY  
[www.nyack.edu](http://www.nyack.edu)  
[www.facebook.com/nyackcollege](http://www.facebook.com/nyackcollege)

# Why Aren't Doctors Telling About These Two Often

## *Two Advanced Medical Treatments Every Knee Arthritis Sufferer*

by OsteoRelief Center

**OsteoRelief Center is a medical clinic with locations in Mid-town NYC, Financial District NYC And north Jersey that has treated thousands of knee arthritis patients since 2009.**

**Here is what every knee arthritis sufferer should know about the best treatments and options available today. Including when and why you should consider each of these 2 treatment approaches to get maximum results.**

If you suffer with knee arthritis pain, you have probably already tried many treatments ... especially countless pain medications.

Experienced doctors understand that, even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for knee arthritis pain... they are rarely the answer.

In most cases they have minimal results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

### **Are There Any Better Options?**

Thankfully, advancements in science and technology come extremely fast. And now there are two very good options for knee arthritis to help relieve the pain.

*Two options that a lot of knee arthritis sufferers have never heard of.*

Before we get into the two treatments, please understand this...

OsteoRelief Center is a REAL medical clinic that has treated thousands of knee arthritis sufferers. Patients travel from all over the country to be treated at one of their clinics because they want the best medical treatments available.

What you are about to discover are two REAL medical treatments. Not miracle cures you see on infomercials or on the internet.

**Know this fact:** There is no cure for arthritis. But there are these two treatments that have already helped thousands of knee arthritis sufferers - possibly just like you.

The first treatment is more common than the second. Even if you have heard of this treatment - or even tried it without good results - please read this. You will find out why it may not have worked for you and how you may be able to get much better results.

### **#1**

### **Viscosupplementation**

Viscosupplementation has gained quite a bit of popularity in recent years and it has gotten mixed results for a couple of reasons.

But before we get into that, here's what you need to know about viscosupplementation.

When you have arthritis, you suffer a decrease in the lubrication fluids in your knee.

In other words, your knee joints basically "dries up."

The lubricating fluid that decreases is called "synovial fluid."

Pharmaceutical companies (with the help of scientists) can now make natural synovial fluid gel-like compounds that, during viscosupplementation, treatments... doctors can precisely introduce directly into the knee and other joints.

This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating the pain.

### **What Results Can Be Expected?**

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

### **But There Is A BIG Problem**

The key is the treatment must be EXTREMELY PRECISE. If the injection is slightly off, the medication will not get into the knee joint and the treatment will not work.

That's why the experts at OsteoRelief Center use advanced digital imaging so they can see the medicine going directly into the knee joint during the treatment.

Research shows that doctors performing joint injections without imaging miss the joint as much as 30% of the time.

If you have tried viscosupplementation without this special digital imaging without good results - this may be why.

That's why OsteoRelief Center takes it even one step further. They do not just use one step process of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

### **Another Important Factor**

Viscosupplementation medications also come in several different brands and chemical make-ups. Just like all medications, some people respond better to some than others. While many doctors only use one brand, the experts at Osteorelief Center use several and great effort is taken to figure out what the best one for YOU is.

One last thing: The experts at OsteoRelief Center have found that the earlier you start Viscosupplementation the better.

This is most likely because the longer you wait - the more joint destruction takes place.

That's why OsteoRelief is now seeing so many patients as young as 45.

**Summary:** If you have knee arthritis pain and have not tried Viscosupplementation, you should look into it as soon as possible.

If you have tried it without good results, you may still be able to get great results with the proper imaging and specific medication.

### **What Should You Do If Viscosupplementation Fails?**

When conservative treatment, including visco supplementation fail... most knee arthritis sufferers believe their only option is total knee replacement surgery.

**This is not true... and here is why**

There is another treatment for serious knee arthritis pain most people (and even doctors) do not know about.

### **#2 Radiofrequency Neurotomy**

This treatment is called, "Radiofrequency Neurotomy." RF for short

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

Several branches of nerves that surround the knee are known as "genicular nerves."

Radiofrequency waves are delivered to the genicular nerves under advanced imaging to "block" the nerves



# Knee Arthritis Sufferers Successful Treatments?

## *Needs To Know - Before Or After Knee Replacement Surgery*

Two procedures are performed. First, a test, diagnostic "G Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, Genicular Neurotomy (G - RF) is performed for long term relief.

### Is It Safe?

Research has shown this procedure to be safe and effective.

One study published November 4, 2010 in the journal Pain found that RF treated subjects on average "achieved at least 50% knee pain relief at 1, 4 and 12 weeks, respectively. No patient reported a postprocedure adverse event during the follow-up period. RF neurotomy of genicular nerves leads to significant pain reduction and functional improvement in a subset of elderly chronic knee OA pain, and thus may be an effective treatment in such cases."

It should also be mentioned that, like all research, more studies should be done to get even more answers.

### Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and viscosupplementation do not offer good enough results.

*RF can be utilized before resorting to total knee replacement. RF allows many patients to avoid knee replacement surgery.*

*RF has also been found effective AFTER knee replacement surgery when the patient still feels pain.*

*The pain after a failed knee replacement surgery can be debilitating and this procedure can be the only thing that helps and give you relief.*

### What To Do Next If You Are In Pain

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

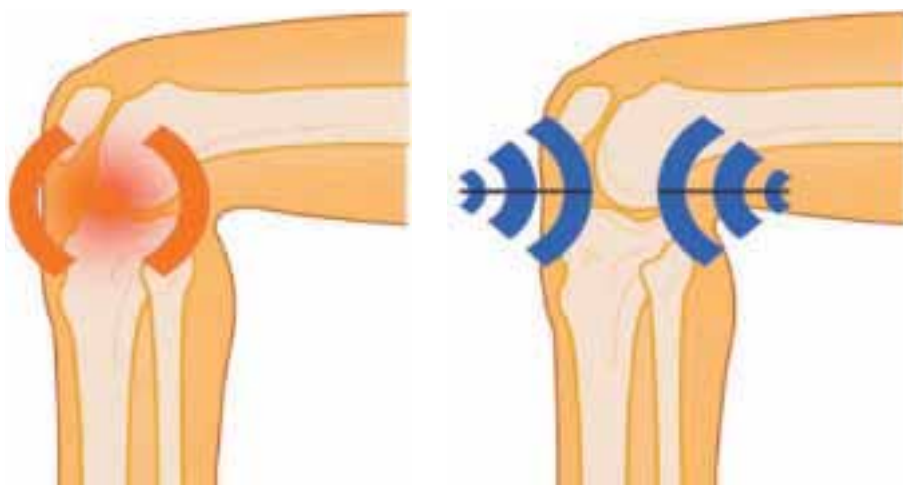
Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof.

This way, the doctors working on your case can give you a proper examination and advise the best possible treatment plan for your individual case.

Several experts work as a team to offer you the best treatment options at the appropriate time to maximize results. It is also very convenient to have all your doctors and treatments in one place. Traveling to different offices can be time consuming and even more expensive.

OsteoRelief Center believes this "X" factor is one of the

## Advanced Treatment Uses Radio Frequencies To Relieve Knee Arthritis Pain



**Science rescues knee arthritis sufferers?:** Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many.

reasons so many knee arthritis sufferers travel from all over the country to be treated at one of their advanced medical clinics.

### Your Invitation

OsteoRelief Center offers a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments

offered at OsteoRelief Center.

If you would like a complimentary screening, just call 800-227-KNEE(5633) and tell the scheduling expert who answers the phone, "I would like a complimentary knee arthritis screening."

The screenings fill up

fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is no cost and no obligation.

Many of the treatments offered are covered by many insurance plans and Medicare.



**Locations in Park Ave. NYC,  
Financial District, NYC & Northern NJ  
800-227-KNEE(5633)**

**Waterfront Rehab**  
115 River Rd, Edgewater, NJ  
Exec Director: Alex Garger MD

**Park 34 Medical**  
15 Park Avenue, New York, NY  
Exec Director: Alex Garger MD

**Downtown NYC Medical**  
130 William Street, New York, NY  
Exec Director: Gazelle Craig DO

# How to get ready to return to school in 2015

## Preparation. Get organized before hitting the books.

Have you made a New Year's resolution to finally finish (or start) your college degree? Congrats, that's a big step.

Here are some tips for making sure you have all of the information you need well before deadline.

## Do some soul searching

When you picture your dream career, what do you see? Do you like working with children? With food? In a scientific field? Having a clear goal will make finding (and finishing) a degree easier.

It's also a good idea to start informally interviewing friends and relatives in careers you are interested in to get a good sense of what a day

in your dream job is like.

## Start going to open houses

The new year is often the season for open houses and campus visits. See if you can sit in on a class, and remember to talk to currently enrolled students so that you can get the inside story. Added bonus: Some colleges waive certain application fees if you attend an open house.

## Research testing dates

Does your program require you to take the SATs or other standardized exams? It's also a good idea to see if the schools on your list have their own math or writing exams that they administer to prospective students.

## Order your old transcripts

If you are a returning student, it's important to figure out which of your credits will transfer. Ordering transcripts and gathering recommendation letters can take awhile, so it's good to start the process early.

## Research tuition reimbursement

Does your current company have any sort of tuition reimbursement program? School is much less stressful when somebody else is footing at least part of the bill.

## Do your financial aid homework

Remember to fill out the FAFSA and other aid forms accurately. Be sure to also look into any academic scholarships you could apply to.



LAKSHMI GANDHI  
@LakshmiGandhi  
lakshmi.gandhi@metro.us



Keeping track of all of your paperwork will make the application process go smoother. / STOCKBYTE



This year, focus on your future and learn Medical Billing.

A SCHOOL THAT SUPPORTS YOUR SUCCESS.

Call to receive your **careerbuilder** Career Guide.

877-479-0333  
sanfordbrown.edu

Classes start  
January 26th.  
Evening Classes  
Available!

120 E. 16th Street | New York, NY 10003  
711 Stewart Avenue | Garden City, NY 11530



Licensed by the New York State Education Department. Sanford-Brown cannot guarantee employment or salary. Credits earned are unlikely to transfer. Find employment rates, financial obligations and other disclosures at [www.sanfordbrown.edu/disclosures](http://www.sanfordbrown.edu/disclosures). 0840719 15-SB-034 12/14

NEW LOCATION!  
BROOKFIELD PLACE  
JANUARY 2015

START YOUR  
CULINARY CAREER at ICE



6-12 MONTH AWARD-WINNING  
DIPLOMA PROGRAMS IN:

- Culinary Arts
- Culinary Management
- Pastry & Baking
- Hospitality Management

Externships & Job Placement • Full & Part-Time Schedules

See ICE in action at [youtube.com/iceculinary](http://youtube.com/iceculinary)



Institute of  
Culinary Education  
EST. 1975

[ice.edu/METRO](http://ice.edu/METRO)  
(888) 693-CHEF  
50 West 23rd St • NYC  
Find your culinary voice™



## Paperwork. Filling out the FAFSA form is the first step to getting financial aid for college

While most colleges had an application deadline of January 1st, high school seniors still have one very important form to fill out.

The FAFSA (or Free Application for Federal Student Aid) is used to determine each student's financial aid package — a package many families rely on to select their final choice once decision time comes around. Filling out the form incorrectly often means the loss of much-needed funds.

A new program sponsored by the Lumina Foundation's MoveED for Goal 2025 and the crowd funding education site DonorsChoose.org wants to help local New York City students get all of the aid they qualify for. The incentive program is aimed at public school teachers and will reward those educators who assist and encourage their students to successfully complete the form.

"For many low-income



Some students need guidance as they navigate the financial aid process. / DIGITAL VISION

and first generation students, completing the FAFSA can be a confusing — even daunting — process," said Jamie Merisotis, the CEO of Lumina Foundation says in a statement. "By providing students with the resources and counseling they need to complete the application, teachers can help students take the

first tangible step toward making their college-going dreams a reality."

The first 15 teachers who submit receipts showing that at least 15 of their students filled out their FAFSAs are eligible to receive \$500 in Donors Choose credits to fund classroom projects.

LAKSHMI GANDHI

### The schools

Teachers in the following New York schools are eligible to participate:

- Chelsea Career & Tech High School
- Community Health Academy Heights
- Jacqueline Kennedy Onassis High School
- Life Sciences Secondary School
- Marta Valle High School
- Mott Hall High School
- New Heights Academy Charter School
- Norman Thomas High School
- Wadleigh Performing Arts High School
- Washington Irving High School

## The New Muslims Program

The New Muslims Program is a ten-week program designed to help new Muslim converts learn the basics of Islamic faith. Students will learn the absolute essentials of how to practice the five pillars of Islam, and receive guidance and support while making Islam part of their daily lives.

**Starts:** Saturday, January 10th, 12:00-3:00pm

**Location:** 4 West 43rd St. Suite 416,  
New York, NY, 10036

**Cost:** \$50 (includes 10 class sessions and all materials.) Financial aid is available.

Non-Muslims who are interested in learning about Islam are welcome!



Register online:

[www.meccacenter.com](http://www.meccacenter.com)

212 354 4320 [info@meccacenter.com](mailto:info@meccacenter.com)

Follow us on [f](#) [t](#)

## DOWNLOAD THE METRO.US APP



## Is Your Cocaine Use Causing Problems With Your Family? Your Job? Your Health? Want Some Time Away from the Drug?

Research studies on cocaine addiction are currently being conducted at The Rockefeller University.



Study participation will last 1 week and will include:

- Private room/bath with TV/VCR, telephone and video library
- Confidential, supportive environment, Professional medical staff
- Individualized substance abuse counseling provided 5 days/week
- Referrals for treatment following stay

No medical insurance necessary.  
Financial compensation is provided.

For a confidential telephone screening call  
1-800-RUCARES

City Tech's Green Advanced Manufacturing Collaborative The CareerPATH Program in Manufacturing

EARN COLLEGE CREDITS TOWARDS A DEGREE IN MANUFACTURING

## ALL EXPENSES PAID

NYC College of Technology (City Tech), CUNY's designated college of technology, offers stackable, credit-bearing industry-recognized credentials in Mechanical Engineering Technology and Industrial Design Technology. Wrap-around support services and job placement assistance are provided to program participants.

### ARE YOU ELIGIBLE?

- 18 years old (preferably 24 or older)
- High School Diploma/GED or college credits
- US Citizenship or legally authorized to work in the US
- Displaced workers and incumbent workers, veterans, unemployed, underemployed, and prospective college students
- Take the CUNY Assessment Test (CAT)
- Demonstrate strong math skills

CALL TO RESERVE A SEAT IN OUR UPCOMING INFORMATION SESSIONS ON:

January 6<sup>th</sup> & January 8<sup>th</sup>, 2015

The CareerPATH Program Advisor  
718- 552-1150

[gamc@citytech.cuny.edu](mailto:gamc@citytech.cuny.edu)

[www.citytech.cuny.edu/bitc/manufacturing](http://www.citytech.cuny.edu/bitc/manufacturing)



New York City College of Technology  
Business & Industry Training Center  
Dept. of Mechanical Engineering Technology & Industrial Design



This workforce solution was funded by a grant awarded by the U.S. Department of Labor's Employment and Training Administration. The solution was created by the grantee and does not necessarily reflect the official position of the U.S. Department of Labor. The Department of Labor makes no guarantee, warranty, or assurance of any kind, express or implied, with respect to such information, including any information on linked sites and including, but not limited to, accuracy of the information or its completeness, timeliness, usefulness, adequacy, continued availability, or ownership. The CUNY CareerPATH Program is an equal opportunity employer / program. Auxiliary aids and services are available upon request to individuals with disabilities.

[f](#) @GAMCCityTech

# 2

## CULTURE



### Twitter feed

Today, John Stamos isn't feeling too great, Thandie Newton is raising some smart kids, Ricky Gervais has some ignoring to do, Mindy Kaling is getting into the spirit of the season and Jason Alexander might think he's still on "Seinfeld."

@JohnStamos: Taking night time meds is like getting hit in the head with a board — only you feel better in the morn if you get hit in the head with a board

@thandienewton: Mummy do u know what I love most about Chess? 'that the Queen is the most powerful piece' My 10 yr old :)

@rickygervais: A new scientific study shows that being ignored has a similar emotional effect to being punched in the face. Twitter just got even more fun.

@mindykaling: I can't wait for those weird Sundance cast portraits where everyone is hugging each other in Sorel boots

@JasonAlexander: can you even contemplate the complete lack of imagination that went into naming the hole in the living room the "fire place"?

## Gwyneth Paltrow wants you to know about her 'specialness'

In case anyone was wondering, Gwyneth Paltrow has some more details about her "conscious uncoupling" from husband Chris Martin last year, conveniently contained in a nice, neat Marie Claire feature interview. The biggest revelation? It turns out that we were all just expecting too much from Paltrow, who really just needed some "me" time. "I had built my life on trying to be all things to all people, and I just couldn't do it anymore. I really had the sense that I wasn't

allowed to have needs, and I had to prove my specialness or self-worth by doing all this stuff and taking care of everybody else. And I just sort of hit a wall," Paltrow tells the magazine. I'd rather not kick off the year psychoanalyzing a mondo-size case of self-martyrdom, so instead I'll just say glad you're feeling better, Ms. Paltrow. You do you.



## Bono may continue to not play guitar after accident

In a 2014 year-in-review post on his band's blog, Bono let slip that following his nasty bicycle accident in Central Park — leaving him with an arm broken in six places — his guitar-strumming days may be over. "Recovery has been more difficult than I thought," he explains. "As I write this, it is not clear that I will ever play guitar again."

Call me a terrible person, but all this talk of Bono not playing guitar just makes me think of U2's 1987 video for "With or Without You," which always stuck out to me because in it Bono holds a guitar behind his back the whole time, ready to be whipped around

and played, but he never, ever does. I always wondered why he bothered bringing the guitar to the video shoot in the first place if he wasn't going to play it. But hey, at least he has plenty of practice at not playing guitar.



## THE WORD

Ned Ehrbar takes on the world of gossip.

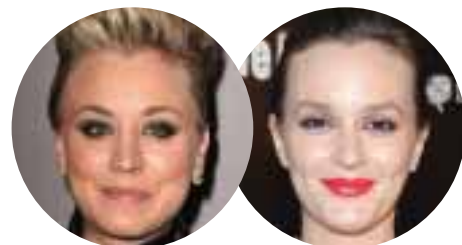
NED EHRRBAR  
@Nedrick  
ned.ehrbar  
@metro.us



## Kaley Cuoco-Sweeting vs. Leighton Meester in 2015's first feminism-off!

We're apparently kicking off the New Year with a continuing debate on what a feminist is and who wants to be one. Awesome sauce! First up is Kaley Cuoco-Sweeting, who responds to a Redbook query about whether or not she considers herself a feminist with, "Is it bad if I say no?" She goes on to explain: "I was never that feminist girl demanding equality, but maybe that's because I've never really

faced inequality." But! New challenger approaching! Former "Gossip Girl" star Leighton Meester was posed the very same question and instead replied, "It shouldn't be some sort of sensational news item" that she considers herself a feminist. "It's something that I think all people should say about themselves." You hear that, Cuoco-Sweeting? All people. You just going to sit there and take that?



ALL PHOTOS GETTY IMAGES

## Joseph Gordon-Levitt got married and didn't tell you

Not only has Joseph Gordon-Levitt had a girlfriend for quite some time, but they even went and got married when nobody was looking. He and Tasha McCauley were wed in a private ceremony at their L.A. home before Christmas. Oh, and his now-wife is actually a lot cooler than he is. McCauley is a futurist and the CEO and co-founder of robotics company Fellow Robots. A robotics company!



## Sam Raimi is ashamed of 'Spider-Man 3'

Remember the last Tobey Maguire-starring Spider-Man movie, "Spider-Man 3"? With the extra villains? And the dance break? Well, director Sam Raimi would be fine with you forgetting all about it. "It's a movie that didn't work very well. I tried to make it work, but I didn't really

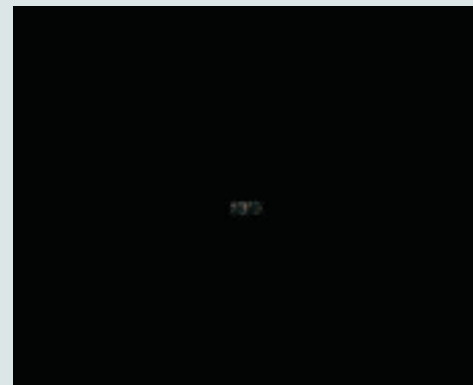
believe in all the characters," he tells Chris Hardwick during a visit to the Nerdist podcast, describing "Spider-Man 3" as an "awful" movie. "If the director doesn't love something, it's wrong of them to make it when so many other people love it." I wonder what he thinks of "The Amazing Spider-Man 2."



### Daily video

## Marvel has a sense of humor about 'Ant-Man'

It's a new year, which means new Marvel movies to get excited about. The comic book giant is kicking things off with a glimpse of its upcoming "Ant-Man," due in theaters in July. Sure, the teaser doesn't officially debut until Tuesday's premiere of the new "Agent Carter" series, but those eager to see it earlier can have a glimpse — if they have really, really great vi-



YOUTUBE, MARVEL ENTERTAINMENT

sion. As is befitting a tiny hero, the studio posted the teaser online in minia-

ture a few days early. See what you can make out in there.



# The breakthrough: Phoebe Fox

**Greetings.** An English actress heads up a genre she didn't initially like in "The Woman in Black 2: Angel of Death."

There's a long tradition of English stage actors finding themselves in understated British horror films. The latest is Phoebe Fox. After a handful of television appearances, she graduates to lead duties in "The Woman in Black 2: Angel of Death," in which she plays a school mistress trying to save a group of displaced children from an evil ghost.

**Were you a horror movie fan prior to signing up with this?** I wish I could say I was.



Phoebe Fox plays a school mistress fending off a ghost in "The Woman in Black 2: Angel of Death." / NICK WALL

I scare incredibly easily. I had only ever seen horror films by mistake. I remember being on a school trip where the communal DVD was "The Ring," which left me permanently

scarred. Since working on "The Woman in Black" I sort of got into them. I now quite enjoy the thrill of watching a horror movie. I actually went to the cinema and paid to see a horror film the other day, which would never have happened earlier.

**Was the fact that this is a**

**more suggestive horror film something that made the job easier to take?** Absolutely. I don't think I would have been that keen to do a gore film. What I loved about this is although it's about a woman battling a ghost, it's also about a woman battling her own demons. In the case

## Another view

### Kids these days

**You're also spending most of your scenes acting with children.** They were lovely, but they realized I was a bit of an easy target. Every time something went wrong on set ... they'd all chime in unison, "Oh, Phoebe!" I was a little bit bullied by the children, I guess. But they were great actors, actually. I hate to sound surprised.



MATT PRIGGE  
@mattprigge  
matt.prigge@metro.us

## DON'T QUIT YOUR DAY JOB (YET)

Come to ICC's Culinary Entrepreneurship Open House! The once-a-year program teaches the essentials of launching and scaling a successful food business. Ask bartender-turned-business-mogul **Michael Chernow**, founder of The Meatball Shop restaurants and a graduate of ICC's program.

Joining the ranks of academic and industry experts teaching this 90-hour course in 2015 is **Babson College**, the #1 institution for entrepreneurship education as ranked by *U.S. News & World Report*.



Michael Chernow ('08 grad) recently opened his 6th Meatball Shop in NYC

### Culinary Entrepreneurship Open House Monday, January 12

6:30-8:00pm

International Culinary Center

462 Broadway, Soho, New York City

**Classes on nights & Saturdays beginning late January.**  
To RSVP, visit us at [www.culinarycenter.com/openhouse](http://www.culinarycenter.com/openhouse)  
or call 888.324.2433.



INTERNATIONAL  
CULINARY CENTER

## TV watch list

CHRIS SOULES, YOUR LATEST  
"BACHELOR" / ABC, RICK ROWELL

## REALITY

## 'The Bachelor'

True love awaits for Iowa farmer Chris Soules in the latest season of this romance factory. In the premiere episode, he'll start out with 30 lady options, but send eight of them packing. **SEASON PREMIERE, 8 P.M., ABC**

## DRAMA

## 'Gotham'

Detective Gordon has his hands full at his new assignment at Arkham Asylum once a guard is murdered there. Gotham should really consider some new policies for that place. **8 P.M., FOX**

## TALK SHOW

## 'Late Show with David Letterman'

Kathy Griffin stops by to talk about her new hosting gig at "Fashion Police," and David Oyelowo, star of the movie "Selma," also appears, to remind us all that we should really see "Selma." **11:35 P.M., CBS**  
**LISA WEIDENFELD**

# Forgettable but respectable

**Horror.** 'The Woman in Black' sequel: Even scary sans ghosts.

Forty years after the events in the Daniel Radcliffe-led "The Woman in Black," a young schoolteacher (Phoebe Fox) trying to protect a group of children during WWII happens upon an evil ghost with its sights set on one of her young, catatonic charges.

**The lowdown** The second "The Woman in Black" is one of those films that in the '50s or '60s would have been slotted in a second half of a double bill. It's nothing special — just a well-executed series of slow-burn scares building



Schoolteacher Phoebe Fox is spooked by ghosts in the second "The Woman in Black." / NICK WALL

## Review

'The Woman in Black 2: Angel of Death'

Director: Tom Harper

Stars: Phoebe Fox, Helen McCrory

Rating: PG-13



to a semi-comprehensible climax. Director Tom Harper has clearly studied all the English classics of horror. The film

pits a repressed woman, haunted by having given up her only child for adoption, against supernatural forces. Every

shot is a few notches shy of pitch black, meaning we're always shocked when the ghost emerges from the shadows.

Like the best ghost movies, "Woman in Black: Angel of Death" could function even without a spectral presence. In fact, the arrival of a ghost ruins it, in a sense. The real horror is World War II, with which its characters have had to wrestle. Everyone's plagued by grief, displacement and the constant fear of death. As in "The Babadook," the fact that there's actually a psychotic spirit is just another thing to worry about. Gloomy and melancholic, this isn't an anonymous "boo!" machine. In fact, it's a better portrait of living with war than it is a horror entry about living with ghosts.

MATT PRIGGE  
@mattprigge  
matt.prigge@metro.us

## Box office. 'Hobbit' is still burning up the competition

Moviegoers were gifted with a pile of new movies for the holidays, but many still chose to return to Middle-earth. Over the first weekend of the new year, "The Hobbit: The Battle of the Five Armies" amassed a further \$21.9 million, bringing its bounty up to \$220.8 million.

Anyone complaining that this trilogy grossly overextended a slim children's novel into three movies — and that should be roughly all of you — can then realize that, in terms of worldwide grosses, the films will have collectively made around



The Benedict Cumberbatch-voiced Smaug returns, briefly, in "The Hobbit: The Battle of the Five Armies." / WARNER BROS. PICTURES

\$3 billion. That might be more dough than what Smaug had in his money bin cave.

It was definitely unlikely that a Stephen Sondheim musical would ever

be a true threat to a film about a hairy-footed small person. And yet "Into the Woods" — featuring the singing of Meryl Streep, Emily Blunt and Chris Pine — came close, scoring

\$19.1 million. That brings its total to \$91.2 million, almost double the North American tally of the last Sondheim movie adaptation, "Sweeney Todd."

Meanwhile, "The Interview" — the film that some have speculated might be a game-changer in terms of VOD — expanded to 250 theaters but actually saw its grosses drop 39 percent. The \$40 million film has now made, in two weeks, \$4.9 million, which should weaken theories that the controversy was a dastardly marketing ploy.

MATT PRIGGE

## Top 5 earners

- 1 'The Hobbit: The Battle of the Five Armies' \$21.9 million
- 2 'Into the Woods' \$19.1 million
- 3 'Unbroken' \$18.4 million
- 4 'The Woman in Black 2: Angel of Death' \$15.7 million
- 5 'Night at the Museum: Secret of the Tomb' \$14.5 million

LEXINGTON  
PLASTIC  
SURGEONS

## THE YEAR OF THE BOOTY

- Brazilian Butt Lift • Keloid Removal • Breast Augmentation • Nose Surgery
- Mommy Makeover • CoolSculpting • Tummy Tuck and more ...

# 888-571-9178

LEXINGTONPLASTICSURGEONS.COM

@lpsurgeons  
#LPSBRAZILIANLIFT





## Interview. Filmmaker Tim Burton made the smallest film he's ever made with 'Big Eyes'

Tim Burton has never made a film as small, budgetwise, as the comedic docudrama "Big Eyes." Adjusted for inflation, his latest — chronicling the story of Margaret Keane (Amy Adams), a painter whose husband, Walter (Christopher Waltz), took credit for her immensely popular paintings of sad children with huge eyes — actually has a smaller budget than "Pee-wee's Big Adventure" and "Ed Wood," the latter written, like "Big Eyes," by Scott Alexander and Larry Karaszewski. The film tells a sad story, even though its Golden Globe nominations (for Adams and Waltz) are in the "Comedy or Musical" category.

### Margaret's paintings were huge. What's your memory of them from childhood?

They were all over the place. Prints were in living rooms, restaurants, doctors' offices, dentists' offices, supermarkets. When



Director Tim Burton tells the unusual story of painter Margaret Keane in "Big Eyes." / THE WEINSTEIN COMPANY

the story broke [that Margaret had painted them], it wasn't blown out because it wasn't considered art by critics. If it had been a major artist it would have been embraced by the critical art community. It would have been a front page story. But this was the third page in the Honolulu News.

**Did you like her work**

### growing up?

"Liking" is a funny word. I was fascinated by it, because a) it was around and b) I found it disturbing. You'd go to somebody's house and you'd go, "Why do you have a picture of a crying child on your wall?"

**Some of your actors tend to play oversized, but Amy Adams has a very internalized quality.**

### Genre talk

### Rom-com meets horror

Burton says he finds the Golden Globes classification of it as a comedy "slightly weird." He wouldn't call it a drama, though. "I like a mixture of things," he tells us. "I'd call it a dark rom-com psychological horror movie comedy. Good luck trying to sell this one!"

A lot of actors I work with I like because they remind me of silent movie actors. But Margaret is such an internal character. I was fascinated by how much she could portray while being so shy and internal. You could easily see that persona as a victim. But she's not a victim. ... She's one of the quietest, under-the-radar feminists I've ever met. **MATT PRIGGE**

## NEVER SHAVE AGAIN LASER HAIR REMOVAL SPECIALS!

Lip, Chin, Bikini, and Underarm 3 for **\$99**

- Brazilian or Upper Leg ... \$99
- Full Face w/ Neck ... \$149
- Back Or Chest ... \$149

Deep Pore Cleaning Facial & Aromatherapy Massage ... **\$99**

**LOSE WEIGHT INSTANTLY  
2 TREATMENTS FOR**

**\$89**  
(reg \$285)  
(this week only)

- Slimming & Detoxifying Body Wrap
- LPG Cellulite Reduction

*Nina's*  
Day Spa & Laser Center

IN BUSINESS OVER 25 YEARS

**5 West 35th St**  
**www.ninasskincare.com**  
**212-594-9610**

NEW CUSTOMERS ONLY



### DOES IT FEEL LIKE YOU JUST CAN'T FOCUS?

- ☐ Do you get distracted easily?
- ☐ Have difficulty paying attention?
- ☐ Feel overly forgetful or disorganized?
- ☐ Have you ever been diagnosed with ADHD?

If your answer is yes to any of these questions, you may be suffering from ADHD, or Attention Deficit Hyperactivity Disorder. If you are between 18 and 55 years of age and are experiencing these symptoms, you may be eligible for our medical research study. Qualified participants receive visits with our Board Certified Physicians, study-related tests, and investigational medications at no cost. Please call for more information.

**(212) 595-5012**  
The Medical Research Network, L.L.C.  
134 East 93rd Street, New York NY 10128 • [www.MedicalResearchNetwork.com](http://www.MedicalResearchNetwork.com)

**ESSENTIAL**  
Day Spa & Cosmetics Inc.  
[www.essential-skin.com](http://www.essential-skin.com)

Specializing in  
**Problem Skin**  
Licensed  
Professionals  
First Time Clients Only

**Treat yourself to the gift of beautiful skin; We offer results, not promises!**

**"Body Massage + Facial \$99 • Eyebrow / Eyeliner Tinting \$25 • Ear Candeling \$50"**

**Diamond Microdermabrasion Only \$50**  
for acne scars, sun damage skin, fine lines, wrinkles, discoloration, blackheads.

**Botinal Wrinkle Treatment Reg \$160 \$125**  
formulated with "Botox" - Like" effect without injection. Effectively reduces the appearance of wrinkles and crow's feet after only one treatment.

**Acne Treatment w/Glycolic Acid Peel Only \$45**  
For oily and blemish skin with excessive blackheads/whiteheads, acne scars and discoloration.

**Back/Chest Deep Pore Cleansing \$75/\$35**

**Deep Cleansing Facial Reg \$75 \$40**  
Deep cleans and refreshes all skin types.

**Brightening Peel Reg \$125 \$75**  
An antioxidant peel that helps to brighten and lighten discolored skin with highly concentrated L-Vitamin C and L-Retinol. All skin types.

**Body Slimming Wrap or Salt Glow Special \$50**  
Sea salt scrub to exfoliate and polish or herbal slimming wrap to move toxins and promote inch loss.

**Back/Chest Glycolic Peel Only \$55/\$30**

**247 E. 50th St. 2 Fl NYC • Trains: E, M, 6 to Lexington Ave., 51st-53rd Street**  
**4, 5, 6, 7 and S to 42nd Street-Grand Central Terminal • Tel: 212-588-8866/212-253-9693**

**LIBI** LONG ISLAND BUSINESS INSTITUTE  
The College for Career Education

## Welcome To Your Future

GET THE CAREER YOU DESERVE. BECOME A GREAT PROFESSIONAL

Homeland Security & Security Management

Emergency Care Management

Business Management

Hospitality Management

Community Interpreter

Health Administration & Technology

Accounting

Office Technology & Medical Office

### ASK ABOUT OUR 2+2 BACHELOR DEGREE TRANSFER OPTIONS

**HS Graduate Scholarships**  
No Loan Necessary

**Lifetime Job Placement Assistance**

**State & Federal Financial Aid Available To Those Who Qualify**

## APPLY NOW!

• Two Locations for your Convenience •

Manhattan Campus  
**212.226.7300**  
408 Broadway, New York, NY 10013

Queens Campus  
**718.939.5100**  
136-18 39th Avenue, Flushing, NY 11354

**WWW.LIBI.EDU**  
REGISTERED COLLEGE IN NEW YORK STATE





**PLUS**

**Jan. 5**

## Why are we so down?

- 1** It's the first day that many people return to work.
- 2** The weather is only going to get colder before it gets warmer.
- 3** Amid all the partying, you may have gained a few pounds.
- 4** Budgets are tight after all the holiday spending.

**Stop feeling bummed.** The first workday back can bring on the ultimate case of the Mondays.

The relatives have all gone home, the decorations are put away and the only thing left over from the holidays is, well, the leftovers. But that sigh you let out when the clock ticked over into 2015 was probably not one of relief.

Across the pond, the first Monday of the year is known as Blue Monday. U.K. scientists have analyzed social media and found there is a dramatic increase in postings related to guilt, melancholy and sadness on this day.

We asked Dr. Harold Koenigsberg, professor of psychiatry at Mount Sinai Hospital in Manhattan and a member of the Hope for Depression Research Foun-



### The signs

When it might be time to seek help:

- You feel down pretty much most of the day, every day, and it doesn't go away for a couple weeks or so
- Loss of appetite
- Trouble falling asleep or staying asleep
- Feeling a lot of guilt
- Feeling worthless

Don't get stuck in a mental rut. / PIXLAND

dation, about how to keep our spirits bright through the long, winter nights.

**1 Reset your body clock.** The role of light is not just about getting enough vitamin D; sunrise also resets your

body clock. "When the sunrise comes later, the biological clock gets shifted in time," explains Koenigsberg. Instead of waiting for the sun to come up, start the day by sitting next to a bright light an hour before sunrise.

**2 Get out of your "cave."** Sometimes, the best way to gain perspective on your own life is to help others — the feeling of altruism and social interactions are both helpful to lifting your

funk. But it doesn't have to be volunteering; rekindle your interests or find like minds through Meetup.com who share a new passion.

**3 Forgive yourself.** If you racked up debt over Christmas, don't ignore the bills piling up in your mailbox. Accept what's done and look for a solution.

**4 Take mental breaks.** Don't be ashamed of watching silly cat videos on YouTube. "When people get into a rut, it can help to have things that distract them from [negative] thoughts," Koenigsberg says. Or, even better, take a lap around the office — research has shown that five minutes of movement for every hour of sitting can counter its negative health effects.



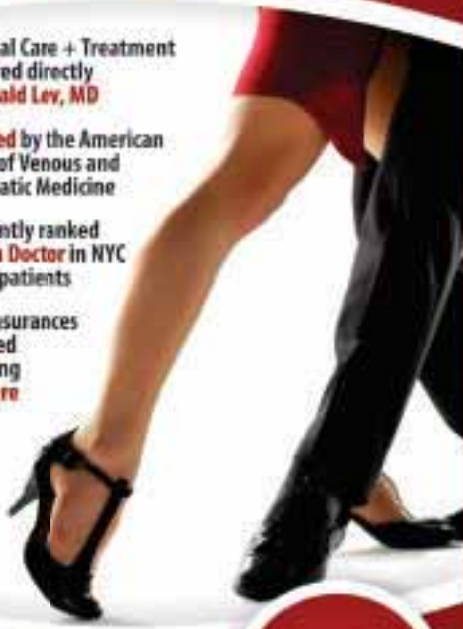
EVA KIS  
@thisiskis  
eva.kis@metro.us

## New Year... New Legs!

Get rid of  
Varicose Veins,  
Ulcers, and  
Spider Veins

ADVANCED  
VARICOSE VEIN  
TREATMENTS OF MANHATTAN

- Personal Care + Treatment delivered directly by Ronald Lev, MD
- Certified by the American Board of Venous and Lymphatic Medicine
- Constantly ranked #1 Vein Doctor in NYC by our patients
- Most insurances accepted including Medicare



**212.204.6501**  
Hablamos Español • Говорим на-русски

TreatmentsOfManhattan.com  
DRLEV@TREATMENTSOFMANHATTAN.COM

111 John St.,  
Ste 1450  
(bet Cliff & Pearl St),  
New York, NY 10038

Evening  
appointments  
available

## Miracle on 35th Street

NY's Place for same day dentures for over 35 years

Smile with Confidence



**NEW PATIENT PACKAGE**  
MAINTENANCE  
CLEANING  
DIGITAL X-RAYS  
**\$89**

With this ad only. One per patient. First visit only. Coupon expires 1-31-15

**NEW PATIENTS ONLY**  
ONE  
DENTURE  
RELINE  
**\$194**

With this ad only. One per patient. First visit only. Coupon expires 1-31-15

DENTURE REPAIRS AND RELINES WHILE-U-WAIT! FREE CONSULTATION

Quality Dentures the Same Day!

\$100 off for each new denture thru 2/28/15

MOST INSURANCE PLANS & NY STATE MEDICAID WELCOME  
Senior Cit. Discounts on new dentures and crowns  
Full Service State-of-the-Art Cosmetic Dentistry

224 West 35th St., New York, NY 16th Floor (between 7th and 8th Avenues)



**CALL NOW!**

**212-689-0024**

[www.denturecenter.com](http://www.denturecenter.com)

**Six Weeks to a More  
Focused & Peaceful You**

Our Buddhism and Meditation Class  
Starts Thurs, Jan 8 in Midtown West

[www.triratna-nyc.org](http://www.triratna-nyc.org)  
(212) 749-0942  
info@triratna-nyc.org



# SOME FUN WAYS TO BUILD YOUR SKILLS

It's that time of year again. The holidays are over and it's time to get back down to business. If your New Year's resolutions entail landing the corner office with a nice, big promotion along with whittling down that waistline as well as booking that bucket list trip to Australia, it really is possible to make it all happen.

There are several ways to think outside the cubicle to boost your career while simultaneously rocking out with these robust and healthy New Year's resolutions.

## The joy of improv

Want to ditch public speaking anxieties once and for all? Embrace the fear and take an improv class. Seriously. You'll learn the craft of being on the same team at all times with a variety of people, even if you don't necessarily see eye-to-eye. And you'll learn to go with the flow by rolling with different scenarios.

## Cardio tap dance

"All sweat, no judgment" is the mantra at Cardio Tap, a heart-pumping tap dancing class currently available in New York, Boston and Seattle. If tap is not your thing, any intense dance class will do. The confidence you'll get by nailing two resolutions in one will give you the extra oomph to nail an important job interview or presentation.

## Boot camp

It's important to get out of your own head sometimes. Move that body and release all notions of work, let out aggression and embrace the intensity of boot camp. Think of this as a natural stress reducer and brain stimulator to return to the office feeling (and looking) a lot lighter and thinking a whole lot clearer.

## Yoga

Create downtime for yourself by taking a yoga class during your lunch break or immediately after work. Self-care is incredibly important when you're working on lofty resolutions like manifesting an amazing trip and the salary to fund it, taking on new, challenging responsibilities or navigating a difficult work situation. Yoga also boosts motivation, creativity and positive well-being about your life and work.



Yoga clears your mind.  
WAVEBREAK MEDIA

## Inside HR

### VICKI SALEMI

Vicki Salemi is a career and human resources expert and consultant with 16-plus years of hands-on management experience. She's a public speaker, coach, the author of *Big Career in the Big City* and on-air host of *Score That Job*.



Who knows? Waking up earlier might just make you as happy as this guy. / FUSE

# 3 Ways to ease your workday

**Resolved.** 2015 is the year to get organized.

The start of a new year is the perfect time to make some much-needed changes to improve the quality of your work life. We reached out to Lindsey Pollack, productivity expert for the Hyatt Place Seamless Travel Series, for her suggestions for practical New Year's resolutions that will make a small but significant impact on your day-to-day life.

**1 Wake up earlier.** Your mornings set the tone of your day, says Pollack, who regularly writes pieces on productivity and business travel for Hyatt Place. Wouldn't it be great if you didn't have to rush out of your house each morning and instead had some time to think? "It's so hard to do, I know," admits Pollack, "but waking up earlier makes a big difference. Don't try to be too drastic right away — you can't set your alarm two hours earlier and expect it to work. For the first week, set your alarm 15 minutes earlier, and then the next week set it 15 minutes earlier than that."

Pollack also suggests creating early morning moments that you'll be eager to wake up for to make things easier. "Maybe there's an early morning SoulCycle class that you've always wanted to try or you want some time to write your novel or learn a new skill. It's time for you to be alone," she says.

**2 Learn the art of delegating.** "Delegating is the prac-

tice of working through other people," Pollack explains. "It's not dumping your work on others to do; it's knowing that you don't have to do everything yourself." In addition to trading tasks with your co-workers (perhaps you can copy-edit for a colleague while he or she helps you with something else), you can also delegate tasks to programs like a virtual assistant app to help keep your day on track.

**3 Say "no" more often.** "Learning how to say no is probably the biggest lesson I've learned in my career," says Pollack. "I think we feel that when we say no, we are letting the person down. But if you say yes to too many things, you are saying no to doing those things well."



LAKSHMI GANDHI  
@LakshmiGandhi  
lakshmi.gandhi@metro.us

## Enrollment Open For Spring Term

Classes Begin Soon!

- Court Reporting (Realtime Writing)
- Closed Captioning
- Paralegal
- Health Mgmt Associate
- Medical Billing and Coding

**OPEN HOUSE**  
Saturday, January 10th, 11am

**NYCI** NEW YORK CAREER INSTITUTE  
established 1941

The College of Legal & Medical Professions. For Decision Information, view Program Details @nyci.edu

Call 212•962•0002 | [www.nyci.edu](http://www.nyci.edu)

11 Park Place, NYC Located near City Hall and convenient to reach by:

1 2 3 4 5 6 A C E J Z R

## Horoscope

**♈ Capricorn | Dec. 22-Jan. 20.** You will benefit from a partnership or joint venture. Follow your heart when it comes to adjustments.

**♒ Aquarius | Jan. 21-Feb. 18.** Be willing to give a little when dealing with someone who could have a positive influence. You will receive help if you are willing to offer something.

**♓ Pisces | Feb. 19-March 20.** An interesting relationship will develop as a result of a chance meeting. Your innovative contributions will be a welcome addition to an interesting project.

**♈ Aries | March 21-April 20.** You will give the wrong impression if you are pushy. A diplomatic approach will prevent you from being drawn into an argument.

**♉ Taurus | April 21-May 21.** If you are serious about furthering your prospects, you need to be honest. Keep the conversation flowing. A surprising person will be interested in you.

**♊ Gemini | May 22-June 20.** You should clarify your objectives. Personal issues will be on your mind and should be dealt with. If you must travel, be cautious.

**♋ Cancer | June 21-July 22.** If someone makes too many demands, make it clear that you need a break in order to rejuvenate and consider what you are willing to do.

**♌ Leo | July 23-Aug. 22.** Look for a way to promote or sell what you have to offer. Something you enjoy doing shows promise and can make you money.

**♍ Virgo | Aug. 23-Sept. 22.** You will confuse those around you if you keep changing your mind on issues. Finish what you start before you move on to something new.

**♎ Libra | Sept. 23-Oct. 22.** You will have difficulty resolving emotional issues on your own. Confide in a friend if you want advice. Patience will pay off.

**♏ Scorpio | Oct. 23-Nov. 21.** Vital information will be revealed. Don't wait to be told to put everything in place. Your plans are taking shape and your goals are within reach.

**♐ Sagittarius | Nov. 22-Dec. 21.** Consider traveling and connecting with old friends. You will find a new way to use your skills to get ahead.

EUGENIA LAST

## Sudoku: Easy and hard

			8	4		6		
					5	9		2
6		4			2	3		
	5	9	6		3			4
				2				
2			7		4	1	3	
		5	4			2		6
7		3	9					
		8		1	7			

		5	8			9		
	6			3		4		2
3			9	7		5		
					8		6	1
		3				7		
1	9		3					
		1		4	9			5
9		6		8			2	
		7			2	8		

**How to play**  
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Crossword

## Across

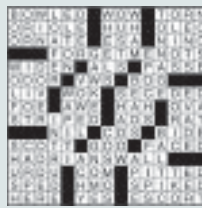
- 1 Polar explorer
- 6 Neutral shade
- 10 Feeling low
- 14 San —, Calif.
- 15 Pork selection
- 16 McEntire of music
- 17 Parting word
- 18 Give autographs
- 19 Pretty soon
- 20 Back out
- 22 Enjoyable time (2 wds.)
- 24 Weed whacker
- 26 Most droll
- 27 Family men
- 31 Corp. execs
- 32 Hair-raising
- 33 Auctions
- 36 Hoover's org.
- 39 Wire nail
- 40 Alpha followers
- 41 — pro quo
- 42 Tyke
- 43 Up and about
- 44 — Oberon of films
- 45 Airport closer
- 46 Holds gently
- 48 Latin dance (hyph.)
- 51 Cousteau's summer
- 52 Dishware
- 54 Houdini forte
- 59 Bits of thread
- 60 Yachting

## Down

- 62 Sincerely
- 63 Melville work
- 64 Pointillism feature
- 65 More ill-mannered
- 66 Geography abbr.
- 67 Cut
- 68 Rust or patina
- 1 Ship's boom
- 2 Yield territory
- 3 Valhalla honcho
- 4 Bird abode
- 5 Dilemma
- 6 Windy City trains
- 7 Afro or updo
- 8 Unbending
- 9 Daunts
- 10 Exam scores
- 11 Gives for a time
- 12 Kapitan's command (hyph.)
- 13 Zillions
- 21 Help-wanted abbr.
- 23 Cosmetic target
- 25 Winding curves
- 27 Red ink
- 28 Prefix for "dynamic"
- 29 Mild expletive
- 30 "— you ever?"
- 34 Had brunch
- 35 Galahad's weapon

- 36 Roll tightly
- 37 Liver secretion
- 38 March 15, in Rome
- 40 Egoists have them
- 41 Theorem ender
- 43 Flint or marble
- 44 Conductor
- 45 Contributing cause
- 47 I-70
- 48 Legal offense
- 49 Respect
- 50 Fiery felony
- 52 Sour, as cream
- 53 Sherpa's sighting
- 55 Pivotal point
- 56 Imported car
- 57 Begged
- 58 Bronte heroine Jane —
- 61 Copperhead relative

## Dec. 29's answer



## Letters to the editor

## Keep giving

The holidays may be gone but the need remains. Our food kitchens and food pantries are in need, and that means all 365 days of the year. And let's not forget our blood banks that are in desperate need of donations. This year, as we make our New Year's resolutions, let's resolve to help the poor, needy and homeless by giving to those religious, community and government groups that help. Even if you cannot help financially, you can still volunteer your time to collect donations for the poor who are in desperate need. For it is charity that, I believe, is the greatest gift we can bestow on our fellow men.

FREDERICK R. BEDELL JR.,  
VIA EMAIL

## A hard job

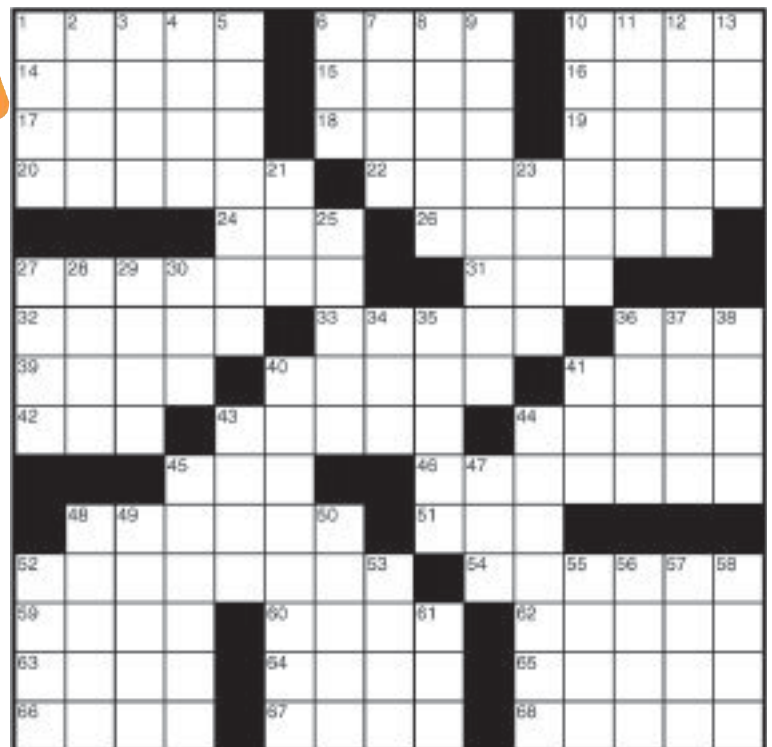
Enough rhetoric and enough of Al Sharpton! He causes more problems and he is not Martin Luther King Jr., even on his best day! The fact is that police officers work under high

stress and the divorce rate among those in blue is astronomical compared to other occupations. If some officers make mistakes, this should be addressed. Stress management and other training techniques, including cultural sensitivity, are appropriate. Police departments that do not offer this are operating in a mode of systemic failure. Put yourself in the shoes of a police officer: Each day you patrol the streets; some people are extremely violent; others are depressed; some are mentally unbalanced. Police officers never know what they will face each day. They are asked to be family counselors, social workers and psychiatrists. Having said that, when poor judgment or a violation of conduct standards occur, corrective measures need to occur swiftly. Citizens should have a right to protest; that is why our nation was founded. Grievance procedures need to be in place.

MYLES GORDON, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.





# Dallas and Indy dance into divisional round

**NFL.** The Lions fell apart in Texas while Indy took care of business against the Bengals.

Two of the NFL's most storied franchises will meet in the divisional round in Green Bay next Sunday as the Cowboys will take on the Packers (1:05 p.m., FOX). The Packers and Cowboys last met on Dec. 15, 2013 with a Matt Flynn-led Green Bay team coming from behind to edge Dallas, 37-36 at AT&T Stadium. Aaron Rodgers last played against Dallas in the 2010 season and his Packers blew by the Cowboys, 45-7, at Lambeau Field.

In next weekend's other NFC game, the Seahawks will host Carolina (Saturday, 8:15 p.m.,

## Wild Card Sunday

### Sunday's scores:

- **Cowboys 24, Lions 20:** Dallas staged a mighty comeback, overcoming early defensive issues while using an 80-yard touchdown drive in the third quarter and another 59-yard march late in the fourth to oust Detroit.
- **Colts 26, Bengals 10:** The Colts defense looked strong, holding Cincy to just 254 yards of total offense. Andy Dalton was underwhelming as he threw for just 155 yards as Cincy became the first team in NFL history to lose four straight opening-round playoff games.



Terrance Williams had two touchdown grabs against the Lions. / GETTY IMAGES

## By the numbers

# 3-4

Ravens quarterback Joe Flacco is 3-4 against the Patriots in his NFL career, which dates back to 2008. Flacco has gone up against the Pats three times in the postseason and has victories in two of those three games.

FOX). While it's easy to poke fun at Carolina's subpar record, the Panthers always seem to play Seattle tough. The Seahawks narrowly escaped defeat to the Panthers in late October when Russell Wilson's last-minute touchdown pass to Luke Wilson allowed Seattle to win, 13-9.

In the AFC, the No. 1 seed Patriots will host the No. 6 seed Ravens on

Saturday (4:35 p.m., NBC) at Gillette Stadium. By no means is this a gimme game for New England as it lost home playoff games to Baltimore in both the 2009 and 2012 postseasons.

In next weekend's finale, Andrew Luck will square off with the man

he replaced, Peyton Manning, as Indianapolis will take on the Broncos in Denver (4:40 p.m., CBS). It will be the second time this season that Luck and Manning have faced each other at Mile High as the Broncos beat the Colts, 31-24, in Week 1. In that contest, the Broncos built

a 24-0 lead but allowed the Colts to creep back in. Ultimately, however, Manning prevailed, throwing three touchdown passes without an interception. Luck was picked off twice in the Colts' loss.

**MATT BURKE**  
and **EVAN MACY**

## NHL

## Hot Rangers ready to tackle West Coast

One of the truisms about team sports is that executives, coaches and players try not to give an opponent additional motivation.

Following the Rangers' completion of a wire-to-wire rout of the Buffalo Sabres, 6-1, Saturday night, coach Alain Vigneault attempted to tell the assembled media in the press conference room on the fifth floor of Madison Square Garden that the laughter was as arduous as the heavyweight dates that await his team this week.

"We have a real

challenging road trip," Vigneault said. "We believe all games in this league are challenging. There are no easy games."

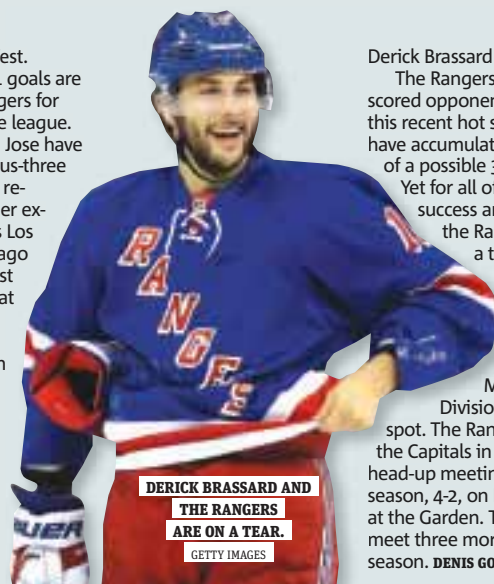
Of course, there are games and then there are **GAMES**. And these Rangers, winners of 10 of 11 and 12 of 15 dating back to Nov. 28, are about to embark on a West Coast swing in which they will encounter the Anaheim Ducks, San Jose Sharks and the reigning, defending, undisputed Stanley Cup champion Los Angeles Kings.

Anaheim's 56 points are the most in the Western Conference. The Kings are third in the Pacific Division with 47 points, and San Jose holds the second wild

card slot in the West.

The Kings' 111 goals are tied with the Rangers for eighth most in the league. Anaheim and San Jose have a plus-four and plus-three goal differentials, respectively. A further examination reveals Los Angeles and Chicago have the NHL's best Corsi percentage at 54.7 percent. San Jose is eighth in that category with a 51.2 percent ranking, while Anaheim's 50.8 percent is 11th in the league.

"It's going to be big for our team to see where we're at,"



**DERICK BRASSARD AND THE RANGERS ARE ON A TEAR.**  
GETTY IMAGES

Derick Brassard said.

The Rangers have outscored opponents 53-28 in this recent hot stretch, and have accumulated 24 out of a possible 30 points.

Yet for all of their success and results, the Rangers hold a tenuous one-point lead over Washington for the third Metropolitan Division playoff spot. The Rangers beat the Capitals in the first head-up meeting of the season, 4-2, on Dec. 23 at the Garden. They will meet three more times this season. **DENIS GORMAN**

# 3

## SPORTS



## Farewell, Stuart

## ESPN's Scott passes

Stuart Scott, a sports broadcasting icon who rose to fame on ESPN's "SportsCenter" in the 1990s, passed away Sunday morning after multiple battles with cancer. Scott was 49-years-old. Scott was known for several catch-phrases that he would deliver during highlights, including, "Boo-yah!" and "As cool as the other side of the pillow." Scott received the Jimmy V Award for Perseverance at this past year's ESPY awards and delivered this message: "When you die, it does not mean that you lose to cancer. You beat cancer by how you live, why you live, and in the manner in which you live."



Visit **Metro.us** to read Kristian Dyer's take on all things Jets.

# LEGAL SERVICES

To advertise call Thomas Franke at 212-457-7751 or email [thomas.franke@metro.us](mailto:thomas.franke@metro.us)

## WALL STREET MATRIMONIAL

Separation & Divorce • Custody & Support  
Mediation through Trial  
Moderate Fees Minimized  
**35 Years Experience**  
100 Wall Street, New York, NY  
**212-363-8400**

## DIVORCE \$179

**1-800-414-0333**  
**TheDivorceCenter.com**  
Spouse's Signature Not Needed  
Don't Be Fooled By Imposters  
Plus Court Fee - Without Children - With This Ad  
**EXPIRES 1/31/2015**

## BANKRUPTCY

**917-783-0906 • \$795+ Court Fees**

Free Consultation

*"I can help you get a fresh start"*

Convenient evening appointments in Manhattan

Flushing (QNS): 136-17 39th Ave., 3rd Fl, Flushing

Manhattan: 116 West 23rd Street, 5th floor

Debt relief agency. We help people file for bankruptcy relief under the bankruptcy code. Evening and Sat appts available



**Howard S. Warner, Attorney**

## Injury Attorney Sidewalk Slips & Falls

Police Brutality Injury  
(false arrest, wrongful incarceration, beating, shooting)  
All City Negligence, Birth Injury  
(Cerebral Palsy, Brain Damage, Neurological)  
Quadriplegia, Paraplegia, Amputation, Infant Lead Injuries?

Contact Us

**(917) 564-6973**

Tang Law Firm, P.C. 275 Madison Avenue, 6th Floor, NY 10013



## Are you experiencing depression SYMPTOMS?

Have you tried one or more anti-depressant medications that  
*failed to relieve your symptoms?*

If so, please contact us about participating in our **CLINICAL RESEARCH STUDY** of an investigational drug taken with an anti-depressant medication.

### QUALIFIED PARTICIPANTS MUST:

- Be 18 to 65 years of age
- Have been experiencing depression symptoms for at least 8 weeks
- Have taken one or more anti-depressant medications that failed to relieve their depression symptoms

### QUALIFIED PARTICIPANTS MAY RECEIVE:

- Study-related care and study drug at no cost
- Compensation for time and travel

*still Depressed*  
STUDY

For more Information, call **1-888-317-6262**  
Medical & Behavioral Health Research, PC

## MEDICAL RESEARCH

To advertise call Andrea Paz at 212-457-7831 or email [andrea.paz@metro.us](mailto:andrea.paz@metro.us)



**Fat Burning Weight Loss**  
Ultrasonic Treatment  
restrictions may apply  
7217 Ave 4703/4830 212-470-0360  
Jamaica Queens 718-657-2474

## GRADE Type 2 Diabetes Study

GRADE is a research study investigating what is the best combination drug treatment for type 2 diabetes.

To be eligible, you must:

- Be at least 30 years old,
- Have been diagnosed with type 2 diabetes for less than 10 years,
- Use metformin as your only diabetes medication.

Qualified subjects will attend 4 clinic visits a year for about 4.8 years and receive a monetary stipend as well as diabetes care, FDA-approved diabetes medications, supplies, physical exams and lab tests free-of-charge.

To learn more about the GRADE study, please contact: The Clinical Pharmacology Program at 212/523-4171.



## Do you or your child suffer from bad acne?

We are currently seeking participants for a research study testing an investigational topical medication for acne.

Qualified participants must:

- Be between the ages of 12-40
- Have 25-70 non-inflammatory lesions
- Have 20-40 inflammatory lesions

Qualified participants will receive at no cost:

- Study-related care
- Investigational topical medication or a placebo applied to the face

Compensation will be provided upon completion of the study. Health insurance is not needed to participate.

For more information, please contact:

Skin Specialty Dermatology - Research Division • (212)-223-6599

## New York State Psychiatric Institute

### Does your child seem hyperactive? Or have a hard time focusing?

If so, your child may be eligible to participate in a research study aimed at learning more about ADHD. Participation includes interviews, magnetic resonance imaging (MRI), and treatment using an FDA approved medication for ADHD. You will NOT be charged for any part of the study. Your family may be compensated up to \$850 for your time.

If you are interested and would like to learn more about our study, please call **646-774-5703.**

## WORRIED YOU'RE AT RISK FOR DIABETES?

Seeking overweight participants, 21- 65 years old and otherwise healthy, for research to better understand diabetes. Studies involve placing IVs and muscle & fat tissue biopsies.

**Free initial medical screening**

**Compensation will be provided for completion of visits\***

\*Payment and # of visits vary depending on which study you qualify for

**Albert Einstein College of Medicine**

Study Coordinator

**718.430.2903**

## CAREER TRAINING

### HHA/CNA Training NYSED

Slow learner? Long time out of school? Placement Assistance. Job Placement Assistance \$14.00/per hr Call #718.349.8003

## LEGAL NOTICES

**NOTICE IS HEREBY GIVEN** that a license, Serial # 1282818 for Liquor Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail under the Alcoholic Beverage Control Law at 211 Avenue A, New York, NY 10009, NY County for on-premise consumption. Tavern 211 Corp.

## CAREER TRAINING

## HIGH SCHOOL DIPLOMA

If you're 18 or older you can complete your high school education at home right now in as few as 2 months

**212-967-7010**

469 7th Ave, 7th Floor  
(Btwn 35th & 36th Street)

Liberty H.S. Brattleboro, Vt.

## Ultrasound Med Assistant (RMA) Pharmacy Tech (PTCB) Dialysis Technician

Nursing Assistant (CNA)	\$699
EKG & Phlebotomy Combo	\$699
Patient Care Technician (CPT)	\$699
Medical Billing (CBCS)	\$699
Med Off Administration (CMAA)	\$999
Pharmacy Technician (PTCB)	\$999
CPR (By American Heart Association Valid 2yrs)	\$80

ACCREDITED INSTITUTE

**NEW YORK MEDICAL CAREER TRAINING CENTER**  
500 6th Ave. NY • 212-947-4444 • Close to Penn Station & Port Auth  
36-09 Flushing Main St. • 718-460-4340 • Corner of Main Street & Northern Blvd  
[www.nymedtraining.com](http://www.nymedtraining.com)



Financial Aid Available If You Qualify

**Notice of Formation of MI COMEDOR, LLC.** Articles of Organization filed with Secy. of State of New York (SSNY) on September 15, 2014. Office location: New York County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 1374 First Ave., Suite 1A, New York, NY 10021.

**IMPORTANT INFORMATION:**  
All classified advertising is subject to the terms and conditions of the applicable Metro Classified rate card and to approval and acceptance at Metro U.S. option. Metro U.S. reserves the right to edit, reject, cancel or reclassify an ad, and reserves the right to convert any classified advertising to alternative formats for use and publication in other Metro U.S. publications. It is the advertiser's sole responsibility to check each ad the first day it is published. Metro U.S. assumes no responsibility for any reason, for any error or omission in any ad.

## CAREER TRAINING

**CNA TRAINING \$535 Home Health Aide Training \$340**

Immediate Job Placement Assistance  
Fordham Institute in Queens 718-480-1804



**LEGAL NOTICES**

**NOTICE IS HEREBY GIVEN** that a license, Number 1245206 for Restaurant Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant) under the Alcoholic Beverage Control Law at 4799 Broadway, New York, NY 10034, formerly located at 4842 Broadway, New York, NY 10034 for on-premise consumption. Beans & Vines Corp.

**Notice of Formation** of Erika Oppenheimer, LLC. Articles of Organization filed with Secy. of State of New York (SSNY) on 11/10/2014 Office location: New York County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: LLC c/o 116 West 23rd Street, 5th Fl., New York, NY 10011. Purpose: Any lawful activity.

**Notice of Formation** of 235 Properties LLC Articles of Organization filed with Secy. of State of NY (SSNY) on October 9, 2014. Office location: Kings County SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 518 12th Street, 3rd Floor, Brooklyn, NY 11215 Purpose: Any lawful activity.

**Notice of Formation** of WL7 LLC Articles of Organization filed with Secy. of State of NY (SSNY) on October 14, 2014. Office location: New York County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail to: c/o Kibum Lee, 100 Riverside Blvd. Suite 25A, New York, NY 10069. Purpose: Any lawful activity.

**NOTICE IS HEREBY GIVEN** that a license, Number Pending for Beer, Wine & Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Restaurant under the Alcoholic Beverage Control Law at 9 East 17th Street, New York, NY 10003 for on-premises consumption. 9 East Union Square LLC d/b/a Al Vicoletto.

**NOTICE IS HEREBY GIVEN** that a license, Number 1282625 for a Class Change from Restaurant Wine & Beer (former Serial # 1267278) to On Premise Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Restaurant under the Alcoholic Beverage Control Law at: 55 Bond Street, New York, NY 10012 for on-premises consumption. Kings 55 Group Inc. d/b/a Le Philosophie.

**Legal Notices**

**NOTICE IS HEREBY GIVEN, PURSUANT TO LAW**, that the NYC Department of Consumer Affairs will hold a Public Hearing on Wednesday, January 14, 2015 at 2:00 p.m. at 66 John Street, 11th floor, on a petition for A & Z Restaurant Corp. to continue to maintain, and Operate an unenclosed sidewalk café 65 Second Ave. in the Borough of Manhattan for a term of four years. REQUESTS FOR COPIES OF THE PROPOSED REVOCABLE CONSENT AGREEMENT MAY BE ADDRESSED TO: DEPARTMENT OF CONSUMER AFFAIRS, ATTN: FOIL OFFICER, 42 BROADWAY, NEW YORK, NY 10004.

**NOTICE IS HEREBY GIVEN** that a license, Serial # 1283042 for Liquor Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail under the Alcoholic Beverage Control Law at 33 Hudson Street, New York, NY 10013, NY County, for on-premise consumption. Layla Tov Inc.

**NOTICE IS HEREBY GIVEN** that a license, Serial # 1283050 for Wine & Beer has been applied for by the undersigned to sell Wine & Beer at retail under the Alcoholic Beverage Control Law at 102 Berry Street, Brooklyn, New York 11249, Kings County, for on-premise consumption. Oregano LLC.

**NOTICE IS HEREBY GIVEN** that a license, Number 1282698 for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 15-03 College Point Blvd., College Point, NY 11356 for on-premises consumption. Mangu Patio, Inc.

**NOTICE IS HEREBY GIVEN** that a license, Number 1283045 for Eating Place Beer has been applied for by the undersigned to sell Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 176-57 Union Tpke., Fresh Meadows, NY 11366 for on premises consumption. New Empire Deli & Grocery Corp.

**NOTICE IS HEREBY GIVEN, PURSUANT TO LAW**, that the NYC Department of Consumer Affairs will hold a Public Hearing on Wednesday, January 14, 2015 at 2:00 p.m. at 66 John Street, 11th floor, on a petition for Stratos Bakery Corp. d/b/a Bocado Bakery Café to establish, to maintain and operate an enclosed sidewalk café at 1297 Lexington Avenue in the Borough of Manhattan for a term of four years. REQUESTS FOR COPIES OF THE PROPOSED REVOCABLE CONSENT AGREEMENT MAY BE ADDRESSED TO: DEPARTMENT OF CONSUMER AFFAIRS, ATTN: FOIL OFFICER, 42 BROADWAY, NEW YORK, NY 10004.

**NOTICE IS HEREBY GIVEN** that a license, Number TBA for Liquor has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at: 475 Columbus Ave., New York, NY 10024, for on-premises consumption. IL RIFUGIO.

**metro CLASSIFIEDS**  
To place an ad call  
866-900-9473  
or visit us at  
www.metro.us

**Legal Notices**

**Notice of Formation** of 736 Tenth Avenue Cafe LLC. Articles of Organization filed with Secy. Of State of NY (SSNY) on July 3, 2013. Office location: New York County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: LLC c/o: 736 Tenth Ave., New York, NY 10019. Purpose: Any lawful activity.

**PSYCHICS**

**PROFESSOR SHEIKH IBRAHIM**  
SPIRITUAL HEALER AND CLAIRVOYANT  
SPECIALIZE IN RELATIONSHIP, MARRIAGE & LOVE, BREAK BLACK MAGIC, BAD LUCK, BUSINESS, JOB, EXAMS, DIVORCE, COURT CASES, IMMIGRATION, ETC  
SEEK HELP FROM MR. IBRAHIM  
Results within 37 days!  
www.psychicoumar.com  
CALL NOW  
212.316.0567 OR 646.239.4298

**INDIAN PSYCHIC & SPIRITUAL ADVISOR**  
**MR. VENKATESH**  
SUNDAY  
FREE  
READING

**SOLUTIONS & ADVISES**  
\*Marriage \*Money  
\*Spiritual \*Family  
\*Sexual \*Love  
\*Loved ones \*Enemy  
\*Business \*Jealousy  
\*Husband-wife \*Job

100% Removal of Black Magic, Bad Luck  
Evil Spirits & Gives Holy Spirit Protection

**BRINGS LOVED ONES BACK**  
**347-873-7532**

**ASTROLOGER & SPIRITUALIST**  
**SHIVANANDA**  
**718-772-2192**  
SPECIALIZES IN BRINGING LOVED ONES BACK  
EXPERT IN REMOVAL OF BLACK MAGIC  
EVIL, SPIRIT, OBEAH  
VOODOO, BAD LUCK, CURSE  
& GIVES UNBREAKABLE PROTECTIONS  
SOLVES PROBLEMS: HEALTH  
MONEY, JOB, LOVE, FAMILY etc.  
QUICK RESULTS  
FREE READINGS ON SATURDAYS & MONDAYS

**Psychics**

**ASTROLOGER & SPIRITUAL ADVISOR FROM INDIA SRI RAGHAV**  
EVERY PROBLEM HAS A SOLUTION. MEET ME ONCE.  
FREE READING ON MONDAY.  
Expert in Removing Spell  
Black Magic, Evil Spirits, Jaadoo, Voodoo, Obeah, Curse  
Evil Eye Power, Sickness  
Love, Family Problems etc.  
EXPERT IN BRINGING LOVED ONES BACK. QUICK RESULTS.  
**347-701-1975**  
107-30, 121 Street (107 Ave.)  
Richmond Hill, NY 11410 (Private House)

**Mr. Khalifa International**  
African Spiritual Healer & Clairvoyant with 39 yrs exp. Helping ppl across the world. Solves problems: Bad influence, Blockage, Disease, Sexual problems, Bad Luck, Business success, Black Magic, Exams, Court, Marriage&Relationship.  
Call Mr. Khalifa, Results Within 7 nights.  
646.339.2385 or 646.630.8303

**MISTER MADIBA BIRTH GIFTED AFRICAN SPIRITUAL HEALER AND ADVISOR** Can help you fix in a quick way all problems: Black Magic & Voodoo, Love & Relationship, Business transactions, Exams & Court Cases. Can reunite loved ones, split unwanted relationship. No disappointment, Quick Results. Don't hesitate.  
Call Now **914.426.3842**

**AFRICAN ADVISOR & SPIRITUALIST**  
MR SHEIKH SALEM, 6TH GENERATION OF AFRICAN MEDIUM, CAN HELP YOU OUT OF DESPAIR. SOLVES ALL ISSUES.  
Love specialist, Reunite lovers even hopeless cases, Business success, Release from spell, Clear Negativity, Strong Voodoo, Black Magic, Court issues, Family problems, Drugs, Careers, Exams, Gambling, Luck, Protection, Impotency/Infertility & more.  
**917-254-6647**  
116TH/7TH AVE  
WWW.AFRICANMEDIUM.COM

**Mr. SAIDOU International Spiritualist Medium & Psychic**  
Over 40 yrs exp. Bring back loved ones in the Quickest Way, Stop Infidelity, Business Success, Exams & Career, Black Magic Specialist, Clear Negativity, Bad Luck, Protection, Sexual Problems etc. Results in 7 Days Guaranteed. Call **516-206-8543** and **646-339-9948**

**metro CLASSIFIEDS**  
To place an ad call 866-900-9473  
or visit us at www.metro.us

**REAL ESTATE****Rooms for Rent**

**100's Available, All Boroughs**

Private Entry Bath Cooking  
1 Person/2 Person \$125/wk/ up room rentals  
Studios \$900/ up  
212-697-3598

**Affordable Furnished Rooms in Manhattan**

Utilities Included  
Same Day Move In  
Cable, TV, Internet  
No Credit Check  
\$125 per week • Call **212-862-0030**

**SERVICES**

**REDUCE YOUR CABLE BILL!**  
Get an All-Digital Satellite System installed for FREE and programming starting at \$19.99/mo. FREE HD/DVR upgrade for new callers,  
**SO CALL NOW 877-356-0526**

**JOBS****General Help Wanted**

**TELMKTRS F/T EXP ONLY! MADE YOU LOOK!!**  
Now All You Have To Do is  
Call. Salary + Comm. +  
Bonus = \$8.-\$12/Hr.  
David (212) 563-7500

**metro CLASSIFIEDS**

To place an ad call  
866-900-9473  
or visit us at  
www.metro.us

**ITEMS WANTED**

**CASH FOR DIABETES TEST STRIPS** - Up to \$35/box! Payment Made SAME-DAY We Receive Your Strips! Call Jenni for a Quote Today! 800-413-3479  
www.CashForYourTestStrips.com.

**SHE SNORES MORE THAN I DO, BUT I STILL LOVE MY HUMAN.**

— BANDIT adopted 11-26-09

**A PERSON IS THE BEST THING TO HAPPEN TO A SHELTER PET**

**adopt**  
thesherpetproject.org

Ad Council THE HUMANE SOCIETY OF THE UNITED STATES



# ABILITIES

# X

**NO LONG-TERM CONTRACTS • RIDE CLASSES • PERSONAL & GROUP TRAINING  
TONS OF WEIGHTS • MIND-BENDING YOGA • MILES OF CARDIO  
ALL IN ONE PLACE!**

**Visit [www.Crunch.com/Metro](http://www.Crunch.com/Metro) for a 3-DAY PASS!**

W 23RD ST • E 34TH ST • W 38TH ST • W 54TH ST • E 59TH ST • W 83RD ST • W 19TH ST  
UNION SQUARE • BOWERY • TRIBECA • JOHN ST • FORT GREENE • PARK SLOPE • HOBOKEN

Offer valid for three consecutive days and first time guests, with valid local ID. Must be 18 years or older, or accompanied by an adult. Offer not valid at Crunch Essential locations. ©2015 Crunch IP Holdings, LLC.

